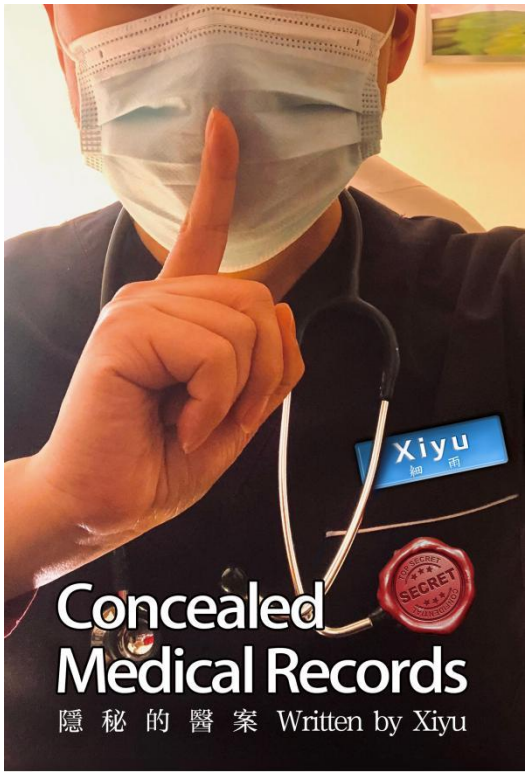
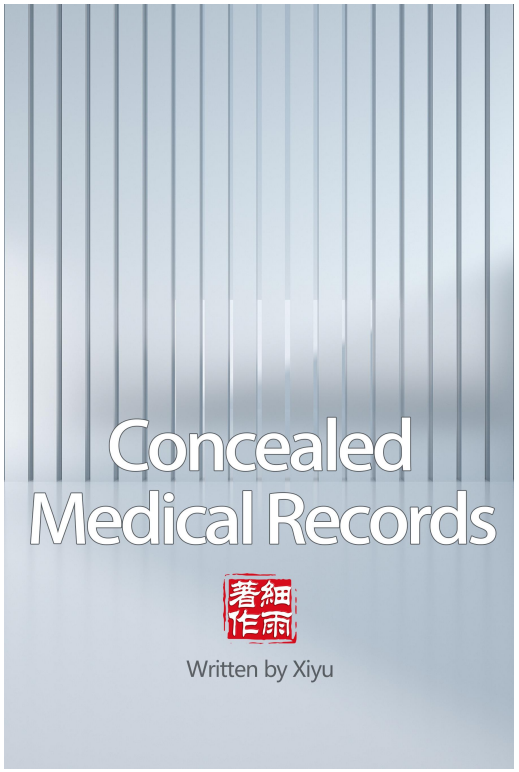
# 《隐秘的医案》

# *Concealed Medical Records*

## 双语对照版（横版）




（细雨档案整理）v2026-01-08

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## Editor's Preface

Xiyu invited me to write the preface for this book, to share my reflections as a proofreader and reader.

This book compiles and presents twelve medical case stories that have occurred in various real-life scenarios. Because the content transcends the existing boundaries of scientific and academic medicine, it has become urban legend and cannot be included in official history, thus remaining a well-kept secret.

Perhaps in your own life, you or your friends and family have been tormented by "strange" ailments that conventional medicine cannot address. This book offers you a perspective from a doctor’s viewpoint, to experience and understand the causes of ailments not documented in textbooks.

The author states, “I have simply presented the events I experienced

## 编者前言

细雨邀我为这本书写前言，作为校对与读者我谈谈自己的读后感。

这本书中集结与列举了十二个不同面向上真实发生过的医案故事。因为其内容超越了现有的科学与学院派医学的大纲，成为了都市传说，无法被载入正史，因此沦为不宣之秘。

或许在你的生活中也有家人或朋友被“古怪”的“病”折磨着，而常规医学却无能为力。这本书带你从一个医生的角度上去经历、去认知教科书上不曾记载的病因。

作者说：“我只是把我经历过的事情按当时的故事线原封不动地展现出来，不添加任何

exactly as they happened, without adding any guiding speculation or judgment. This is the truest representation of the stories.”

Xiyu, through the “master” inherited within her family, glimpses an alternative cognitive system and explores "abnormalities" across different dimensions, using the most rational perspective to authentically analyze the mechanisms behind various "urban legends."

Please note that this is not a popular science book, and the cases presented are individual occurrences with no universal value. If you or your family members have health issues, it is crucial to first seek the assistance of a professional doctor and rule out causes that contemporary medicine can address before considering other approaches.

Xiyushe Editor

April 29, 2021

引导性猜测和评断，这样才是最真实的故事。”

细雨通过家族中传承下来的“师傅”窥见了不一样的认知体系，在不同维度间展开对“异常”的探究，用最理性的观点去真实地解析各种“都市传说”背后的机理。

请所有读者注意，这不是科普书籍，其中的案例也是个案，没有普世价值。如果你或家人有健康问题，一定要先寻求专业医生的协助，排除当今医学可以解决的病因后，再考虑其它途径。

编者

2021年4月29日

Xiyu Materials is a highly influential body of spiritual texts within the Chinese-speaking world, systematically revealing the truths of multiple multidimensional realities. It represents contemporary awakening materials that have not been distorted by religion or human culture, offering a logical and comprehensive spiritual self-study course. Through a step-by-step approach, it decodes the unknown reality.

“We are creating a step-by-step, systematic, and non-religious spiritual cognitive framework, nurturing new-era understanding in an invisible and silent way.”

—Xiyu

细雨资料是华语世界中极具影响力的灵性文本体系，系统揭示了多个多维实相的真相。它代表着未被宗教或人类文化扭曲的当代觉醒资料，提供了一套逻辑自洽、内容完整的灵性自学课程，通过循序渐进的方式解码未知实相。

“我们正在构建一个循序渐进、体系化且非宗教化的灵性认知框架，以无形无声的方式孕育新时代的认知。”

—— 细雨

## Case 1: The Invisible Third Party

Patient:

Female, 31 years old, no pregnancy after six years of marriage, family conflicts due to adoption issues, which led to domestic violence by her husband. The patient left home that night due to emotional distress, and after getting drunk, she tried to throw herself under a train. A passerby found her and sent her to the ER.

Rescuer's Statement:

“I found the woman lying on the rail tracks; luckily, I was able to rescue her before the train arrived. But this woman had a hideous face and would not stop crying. Her strength was astonishing, and she spoke a language no one could understand. What’s even stranger was that she spoke in a middle-aged man’s voice. After being rescued, she broke free several times and attempted suicide

## （一）无形的第三者

患者：

女性，31岁，婚后六年无孕，因领养问题，发生家庭矛盾，进而导致男方对其施加了家庭暴力。患者因情绪激动当夜离家出走，酒醉后选择卧轨。被路人意外发现。送急诊治疗。

救助者陈述：

发现一女子卧轨，在火车到来前万幸救下。但这个女子面部狰狞，哭喊不休，力大惊人，且所说语言众人不能听懂。更奇怪的是，她说的声音是中年男性的声音。被救后数次挣脱，又要寻死，幸好警察路过，又叫了支援。六名壮汉才能勉强控制住她，随即送医。

again. Fortunately, the police passed by and called for support. It took six strong men to get her under control, and she was immediately sent to the hospital."

In the emergency room, the patient was restrained on an iron bed. Her continuous struggle rattled the bed and made a lot of noise.

There was a nurse who could understand the language. The language turned out to be a Norwegian dialect. The man's voice was saying, "Let her die. She is tired of her life and chooses to give up this body. You have treated her poorly, and I will make her happy. This woman is mine. She chose to give up, but I want her", mixed with all kinds of yelling and cursing.

The police brought her husband in. He signed the consent for her treatment and said his wife was a native of Poland, had no foreign family members, and had never learned any Norwegian, let alone a dialect. The patient growled and growled at her husband with a

在急诊室中，用束缚带将其控制，铁床吱呀作响。

有一医护能懂其语言，是挪威一处方言俚语。她哭喊的大体意思是：让她死，她厌倦与选择放弃这个生命与躯体。你们待她不好，我会给她幸福。这个女人是我的了，她选择了放弃，而我要她了。混杂着各种嘶吼与咒骂类话语。

警方带来其家属，他签字同意治疗，并说妻子是波兰本地人，没有国外家属，也没有学过任何挪威话，更别说方言俚语了。

那个男音对其丈夫嘶吼咆哮，反复重复："这个女人是我的了！是我的！你待她不好。"

man’s voice repeating, "This woman is mine now! She's mine! You don’t treat her well."

**Round One**

I tried to sedate the patient twice, then switched to a different sedative using the maximum dosage for her body weight the 3rd time, but it was all in vain. It was four o'clock in the morning already, but the patient was still restless and noisy.

I asked the department head and her family for permission and received their consent to use unconventional means of treatment. Then I approached the patient alone and found that "he" couldn't understand any of the languages I spoke, and I didn’t understand "his" language either. We couldn't communicate, so I didn’t know what to do.  It seemed that it was impossible to persuade him to leave.

I had no choice but to resort to using my golden needles to try a

第一回合

为患者使用了两次镇静剂，第三次更换了镇静剂，已经用到了其体重的极限剂量，毫无效果。当时已经凌晨四点，患者不眠不休地吵闹。

我请求科室和家属同意使用非常规手段治疗。然后独自与患者接触，发现任何我会的语种“他”都不能理解，当然“他”的我也不会。大家聊不来啊，怎么办？看来劝他是没用了。

于是只好金针伺候，行鬼门十三针。

刺到第三针时，患者大叫，开始用女人的声音说话，之间又夹杂了那个男人的声音。

special 13-needle acupuncture technique, which could be helpful in situations like possessions.

By the third needle, the patient screamed and began to speak in a woman's voice, interspersed with the man's voice.

The woman was frightened and barely knew what happened. She just kept pleading for help in Polish while the man’s voice scolded her and tried to dominate.

The conversation revealed that the woman was drunk and couldn't accept the way her husband treated her, so she tried to kill herself and leave her husband to live in guilt. When the train was coming, time suddenly stopped, and a man appeared and spoke to her. She didn’t know the language but understood what the man meant.

The man committed suicide in this neighborhood over a year ago because of business failure. He felt regret after dying and was too ashamed to go home. Watching his body being pulled away, he

女人很害怕，几乎不知道发生了什么，只是用我们本地话波兰语求救；男性则在呵斥她，想要占据主导。

陆续间透露出来的信息是：女人醉酒，想不开为什么丈夫这样对自己，就想自杀，让丈夫在负罪感中生活。火车快来的时候，突然时间停顿了，一个男人出现在身边，对自己说了些什么，自己听不懂，但却能明白男人的意思。

那个男人是一年多前因生意失败在这附近自杀的。死后后悔，没脸回家，看着尸体被拉走，也不想跟着那个稀碎的皮囊。他感受不到时间的交替，也不知道今日是何时。这个女人在火车要过来的时候已经从自己的身体里出来了。她一出来就被这个男人看到

did not want to follow that shattered corpse either. He couldn't feel the passing of time and didn't know what date it was. The woman had come out of her body when the train was coming. As soon as she emerged, she had been seen by this man, and they connected.

The man telepathically sensed what she had gone through and asked her, "Do you really give up voluntarily?"

She was furious and said, "Enough is enough! I don't want to live anymore! I don't want a family or a husband like this!"

The man then asked, "Can I take care of you?"

The woman was still angry and said, "Whatever if you want."

And that was enough to seal a contract between the two souls.

The woman felt time suddenly start to move again, and the train was coming. A passerby carried her body away, and the train whistled by.

了，这样，俩人有了交集。

男人心电感应了她的前因后果，并问她："真的主动放弃了吗？"

她当时气恼，顺口就说："不过了，不活了！这样的家和男人我不要了！"

那男人就问："我来照顾你好吗？"

女人气着说："随便，你愿意就成。"

结果就这一句话，灵魂契约达成了。

女人感到时间突然又动了，火车在过来。一个路人搬运了自己的身体，火车呼啸而过。

她这时后怕了，马上想到了自己的身体。下一刻她感受到了无尽的黑暗，陌生的压迫感、陌生的气息在身旁——那个男人也进入

She recoiled at this point and immediately thought of her body. The next moment, she felt an endless darkness, a strange oppressive feeling, and an unfamiliar scent beside her - the man had entered and gained control of her body because she had renounced her body and agreed to let the man take care of her. The man hated that someone had prevented her death, so he tried to ram her body into the speeding train. Then the police arrived, and she was sent to the hospital.

了她的身体，并获得了身体的控制权，因为她之前宣布了放弃这个身体，并同意那个男人照顾自己。

那个男人记恨有人阻碍了她的死亡，就控制身体试图去撞击飞驰的列车。之后警察赶到，就来了医院。

## Round Two

Just now, the woman saw three beams of lights piercing through the darkness, and the black mist faded. Then she regained control over part of her body. But she wasn't as strong as the male ghost, so she was scared. However, I found that I could communicate with the male ghost through her, though not in the Norwegian

## 第二回合

刚才，女人在黑暗中看到三道光进入混沌，黑雾变淡，才重新拿到了部分身体的权柄。但她没有那个男鬼强，她很害怕。不过我发现，通过她我可以和男鬼交流了，虽然不是用挪威方言。那个女人的魂魄在两边翻译。

dialect. The woman's spirit was translating for us.

The official negotiation began…

I negotiated with the male ghost, asking him to give up and come out. This was not his body, and this woman's life should not end.

The male ghost said, "She said herself that she did not want this body, she gave up control and accepted the care I offered, so the soul contract was established. You have no right to interfere with her free will."

"She was drunk and emotional. Her mind was not clear," I said. "What she said didn't count. Now she has made it clear that she regrets it."

"The contract cannot be voided unilaterally," the male ghost said, "Karma is formed as soon as the words are spoken. She must go with me. This physical body is dead. Her family treats her poorly,

正式的谈判，开始了……

我和男鬼交涉，让他放弃，出来。这不是他的身体，这个女人的命不该绝。

男鬼说："女人自己说了，不想要这个身子了，放弃了身体的主权，并同意了我要求的照顾，灵魂契约已经成立。你无权干涉，这都是她的自由意识。"

我说："那时她醉酒加情绪，意识不清，所言不能算数。现在她明确表示反悔了。"

男鬼说："契约无法单方面销毁，出口成业，她必须跟自己走，这个肉身死定了。她的家人待她不好，我会好好待她的。她很漂亮，很漂亮。"

我说："你不离开的话，我只好继续下针，

and I will treat her well. She is very pretty."

"If you don't leave, I'll keep inserting needles," I said. "It's going to be very uncomfortable."

"I'm a ghost, what do I have to be afraid of?" the male ghost said. "I can't die again."

It seemed that negotiation wouldn't work, so I began to insert the fourth and fifth needles. At this point, the woman spoke, saying she regretted her impulsive temper and begged the male ghost to let her go.

The male ghost's voice began to tremble as if in pain.

It was also the first time I had done this special acupuncture treatment, and I had no idea what would happen. The hospice chaplain arrived, but he just sat in the corner mumbling and did not offer any help.

到时候可不好受。"

男鬼说："我一个鬼怕你什么？又不能再死一次。"

我看谈判无果，开始下第四、第五针。

这时那个女人说话了，表示自己很后悔一时冲动耍脾气，求那个男鬼放过自己。

男鬼声音变得颤抖，好像很痛苦。

我也是第一次这样做，心里没底会发生什么。

医院的临终牧师这时到了，也进来了，坐在一旁，嘴里喃喃有词，就是不过来帮忙。

## Round Three

The male ghost's voice began to tremble, and I felt encouraged. I wanted to see if I could trick him again. So, I asked the woman to tell the male ghost that after I placed the sixth needle, I would begin electrifying him and gradually increasing the voltage. If he still refused to go, his soul would shatter. Having said this, I asked the priest to open the door and stay away from the doorway.

The male ghost said, "Okay, okay, you win, I'll go! This hurts too much! Don't electrocute me! I'll just go."

"Then the woman's body began to soften, and her face also started returning to her appearance." The priest opened the door and snuck out.

Damn it!

I knew the male ghost was unsure whether he could die again or

## 第三回合

感觉那个男鬼说话的声音不对，带了颤音，感觉自己的勇气来了——既然有用，那再诈诈他。

于是我请那个女人继续转告男鬼，我下第六针后，会开始通电，并逐步加大电量，直到把他的魂魄炼化于内，不走就会魂飞魄散。

说完，我请神父把过道的门打开，并让开过道的位置。

男鬼说："好，好，算你狠，我走！这太痛了！不要电我！我走就是了。"

然后那女人的身体开始变得柔软，面部也恢复出女人自己的样子。

神父居然开门后，自己顺道溜了…… 我心里

not -- becoming a ghost had been beyond his cognition a year ago. There were too many things that had surprised him during that year. Logic had already become meaningless. Fortunately, he had not become too knowledgeable yet; otherwise, I might not have been able to fool him.

I was relieved to see the woman calm down. This night was too exciting. I was just about to call the nurse in when suddenly the woman's upper body popped up, startling me. If it weren't for the restraints, she could have hit me right in the face.

The man's voice returned loudly, laughing maniacally. He began to speak English, with a strange accent and simple words. "I won't leave! I fooled you! Ha ha ha! I won't leave! I fooled you!"

这个恨啊！

我知道这男鬼心里也没谱能不能再死第二回，一年前成为灵魂也是出乎他认知之外的东西。这一年里让他“懵”的东西已经太多了，他对世界的认知早就没有了逻辑，三观认知稀碎一地。不过好在还没有老到成精，不然吃过见过的，未必能唬得住他。

眼见女人平静了下来，我也松了口气，这个晚上太刺激了。

我刚要叫护士进来，突然女人上半身弹了起来，吓我一大跳。不是束缚带捆着，能直接拍我脸上。

那男人的声音响亮地出现，狂笑着，近乎歇斯底里，开始说英文，口音很怪异，单词很

## Round Four

It was now after 5:00 a.m. and I was tired. Many doctors and nurses gathered in the aisle, all keeping a distance. They wouldn't leave, nor would they come closer.

I calmed myself down, placed two needles in the Hoku acupoint, and connected the electro-acupuncture machine. I warned him one last time to leave.  He just kept laughing.

I turned on the power and began to increase the voltage. He started howling and repeating in English, "Mine! Mine! My woman!"

I inserted two more needles in the Sanyinjiao acupoint, connected the machine, and turned on the electricity.

简单：“我不会离开！我骗了你！哈哈哈！我不会离开！我骗了你！”

## 第四回合

五点多了，我很疲倦。走道里医生护士一大堆，都躲得远远的，不走也不过来。

我镇定了一下自己，同时下了两针合谷，并拿来电针仪连接上。不规则脉冲波。

最后一次警告他离开。他只是不停地笑。

我打开电源，增大频率。

他开始嚎叫，重复着英语：“我的！我的！我的女人！”

又是两针三阴交，并连上电。

男鬼开始求饶，用英语：“求求你！”

The male ghost began to beg for mercy in English. "Please!"

I said simply, "Leave. Go away. Go!"

The woman's body went limp, like a puddle of flesh without bones. Her haggard face was sweaty, her lips were cracked and bleeding, her wrists were bruised from struggling, and her arms and legs were trembling from the electric pulses.

I was afraid of being deceived again, so I waited for a while to see if he would come back. Then I gave her an IV with more sedatives. She was last sedated at 2:00 a.m., and now it was dawn. She fell into a deep sleep. I unplugged the power and removed the needles.

At that moment, a violent force struck my chest and then my back. The energy was eerie. The temperature in the room didn't change, but my hair stood up.

我简单地说：“离开。走。走！”

女人的身子瘫软了下去，就像没有了骨头的一滩肉。憔悴的面孔满是汗水，嘴唇已经出血并干裂，因为过度的挣扎，手腕上有淤血，手脚在电脉冲下不规则地抖动着。

我怕又有诈，等了会儿，还是不敢确定，把混有镇定剂的点滴给她打上了。上次打镇定是凌晨两点，现在已经曙光鱼白。她昏睡了过去。我停电，撤下针具。

这时感觉一股力道，很凶猛地撞了我前胸，然后又是后背。那力量很阴冷，房间里温度是恒定的，但我的汗毛都立了起来。

我感觉他记恨我，但无法破防。之前被电得不轻，现在与我护体能量硬杠，肯定又受伤

I could feel that he held a grudge against me but he couldn't break my energy guard. He had been electrocuted earlier, and now he must have been hurt again by striking my energy guard.

One thing was for sure, he was no longer in the woman's body.

When I left the examination room, the nurses gave me a weird look and didn't dare to get close to me. All I wanted was to get off work and go to sleep.

The woman was discharged after three days in the hospital, and there were no more incidents during her stay.

Key Points:

The woman had decided to give up her body before she attempted suicide, which weakened her control over her body. Her fear, helplessness, ignorance and temper led her to establish a soul contract with the male ghost unknowingly.

了。不过他的冲撞让我肯定：女人身体内已经干净了。

之后，女人住院三天后出院了……住院期间没有再发作过。

我离开诊室的时候，护士们用异样的目光看着我，也不敢接近我。而我只想下班睡觉。

关键点：

女人在自杀实际成功前，已经决定放弃身体，这让自己对自身载具的控制权被削弱。女人自身的恐惧与无措、无知与脾气，让自己在不知情的情况下结成了灵魂契约。

男鬼还稚嫩，被死后的不死与很多违背了自己认知逻辑的事情崩坏三观。自杀后没有一了百了，还死不如生。

The male ghost was a new ghost. His perception of and logic about life and death were overturned by still being "alive" after death. Suicide didn't solve his problems; instead, he ended up in an even worse situation. He couldn't let go, wouldn't go home to attend his own funeral, and refused to follow the guiding light to the next stage. All because he believed that suicide was a sin and he would forever be bound in purgatory. Therefore, he experienced what his free will chose – being stuck as a ghost. But he felt lonely. He didn't want to go anywhere, and he didn't belong anywhere.

He lost his faith, himself, his direction, his home, and lost his sense of belonging. He trapped himself. His belief, faith, and confusion trapped him.

**Epilogue:**

I discussed this case with my soul.

放不过自己，也不肯回家去参加自己的葬礼，又不肯经历接引的显化，因为自己的信念是“自杀是有罪的，不能超脱”，所以他在体验自己自由意识选择的下一个体验——不得超脱。

但是他孤独寂寞，自己感觉哪里都不是自己想去的地方，自己也不归属于那里。

迷失信念，迷失自我，迷失方向，迷失家园，迷失归属。是他自己困住自己。是信念困住了自己，是信仰困住了自己，是迷茫困住了自己。

**后记：**

我和自己的灵魂探讨他的事件。

My soul said, “There has always been a spirit guide beside him, but he held on to his belief, and the guide sensed that this was part of his arranged homework that was planned for him before he was born.”

“It was an accident that he victimized that woman. An add-on assignment to teach the woman a lesson, a warning. Her suicide attempt and rescue were both planned before her birth, but being overpowered by a ghost was not.”

“This plot was added in order to wake up the male ghost and to teach the woman to treasure her life. Otherwise, the woman would have attempted suicide again due to a miscarriage two years later. She arranged her pregnancy in two years but discovered the fetus was deformed after the first trimester, and she had to have an abortion. The loss devastated her, but it was another life lesson for her. Her second suicide attempt was meant to be successful,

灵魂说：

一直都有接引在他身旁，但是他坚持着自己的坚持，而接引感觉到这也是他自己安排好的功课的一部分，在出生前就已经被计划了。

只是这次祸害这女人是一个意外事件。是临时被指派的工作，因为要给这个女人一个教训、一个警告。而这一切也是这个女人出生前就安排好了的，只不过这个女人安排了自己自杀并被救，没安排被鬼上身。

这个桥段是双方即兴添加的，是为了点醒男鬼，也为了女人日后心生敬畏。不然这个女人两年后，因为流产还会自杀一次——她安排了自己两年后怀孕，到第四个月发现胎儿畸形，而被迫流产，承受极大的得失心起伏，

but after being possessed she will not consider suicide as a way out anymore.”

“In two years, she will still have the planned miscarriage, but she will only be depressed for two years. At the age of 37, she will get pregnant unexpectedly and give birth to a baby boy. That boy will take care of her when she is old. He will be the reincarnation of the male ghost, although right now he is still in the bardo (a Buddhism term that means the intermediate existence between death and reincarnation).”

“The male ghost will remain trapped in the bardo for more than ten years, after which he - along with another soul who committed suicide at the rail tracks - will be released. After recuperating in the astral world for 50 years, he will return to an earlier timeline to reincarnate so he can fulfill his soul contract with the woman. The woman’s soul will also be glad to fulfill the contract this way.”

形成人生功课。那次她应该是自杀成功的，但现在经历了这次被附身，她不会再自杀了。

两年后还是会流产，但只会抑郁两年，在37岁的时候会意外怀孕，而生一个男孩。那个男孩会给她养老，照顾她一生晚年。那个男孩就是这个男鬼投生的，虽然现在这个男鬼还没有离开中阴。

这男鬼会在中阴里再困十余年，之后和另一个卧轨的一起被超度带走。在灵界休养五十地球年后，为履行现在的这个灵魂契约，返回到之前的时间线中进行投胎。而女人的灵魂也欣然同样用这样的方法了结这个灵魂契约。

Notes:

To improve coherence, information obtained from the following sources are also included in the story:

Her husband’s statement when he was questioned by the police officers.

The female patient's statement while receiving psychological counseling during her hospitalization.

My higher self’s narrative.

At the time of writing, the boy should be almost ten years old!

This was my first experience with such cases, and it marked the beginning of a series of similar stories.

注：

为了故事的描述连贯性，其间引入了许多后期得到的资料，这些资料源于：

其丈夫被警员问询时的口供；

女患者在住院期间接受心理疏导时的陈述；

我自身高我的旁白。

在我写这篇文字的时候，那个男孩应该已经出生了，快十岁了吧！

这是我第一次经历这样的真实，也开启了后续一系列故事的源头。

## Case 2: The Woman in the Cellar

This case happened a few years ago on a summer afternoon.

A middle-aged man with a sweaty head ran into the outpatient department, demanding emergency treatment. He was walking briskly and speaking confidently. Apart from being out of breath from running, he showed no signs of illness. Therefore, I asked him to make an appointment and wait in line.

The man said, "It's not for me, it's for my mother! She's in the ambulance! The paramedics told me to get a doctor to handle the

## （二）井中人

这个案例发生在前几年，那是一个夏日的午后。

一名中年男人满头是汗地跑入门诊，要求急诊。看他健步如飞，说话底气十足，除了跑得上气不接下气，也没什么疾病的样子。于是要他去预约，排队等着叫号。

男人说：“不是我看病，是我妈！人在救护车上呢！ 急救员要进来找医生看怎么处

situation."

I was confused -- patients in ambulance are usually wheeled straight into the emergency room without stopping. Doctors have never been called to the entrance to see patients. What the hell is going on? The man was very frightened and nervous. Hence, I did not dare to delay and followed him out.

The ambulance emergency light was on but the siren was quiet. An old lady was strapped to a stretcher, struggling. I was curious and asked the two paramedics, "What's going on?"

They explained:

The patient was a 67-year-old female. That morning, she had fallen into her backyard cellar while reaching for potatoes. Her husband waited, but she didn't return for a long time so he went to look for her. Seeing her unconscious in the cellar, he immediately called

理。”

这话说得我蒙了——往常都直接推进急诊，一路绿灯，什么时候叫过医生去门口看患者的啊？这是哪出啊？

看男人很惶恐紧张的样子，倒也不敢耽搁，随即跟了出去。

救护车闪烁着，倒也安静。

一个老奶奶被束缚在担架上，不断地挣扎。

我好奇地问两名急救：“这是怎么回事啊？”

急救说了前因后果——

女性，67岁。上午时去自家后院地窖拿土豆时不慎跌入其中。其老伴等了许久不见妻子

neighbours to help get her out and called an ambulance.

When the ambulance arrived 15 minutes later, the paramedics found the patient sitting in the room, perfectly fine, chatting with several neighbours. They examined her and found no signs of trauma. The patient spoke logically and felt no pain.

The paramedics decided to leave, but the neighbours and her husband stopped them, insisting that the old lady be taken to the hospital for examination. The paramedics didn't think it was necessary.

However, the patient's family and neighbours told the paramedics, "She returned to the room and was full of vitality. Her lameness caused by the pain in the back and knees for many years was also gone."

What was even stranger was her speech -- this woman was married from another place a few years ago, and she spoke a dialect of a

回来，就去寻她，看见她昏迷在地窖里，赶紧喊了邻居过来帮忙，把人抬了出来，并叫了救护车。

十五分钟后救护车到达的时候，医护看见患者坐在屋子里，什么事也没有，正常地和几个邻居在聊天。检查了患者，没有发现任何外伤的痕迹，患者逻辑清楚，也无疼痛。

决定收兵归队。这时被邻居和老先生拦住，要求送医院检查。急救医生认为没有这个必要。

患者家属与邻居跟急救医生说：“老太太回到房间后生龙活虎，多年的腰痛膝盖痛导致的跛行也没有了。”

更奇怪的是她的言语——这个女人是从外地

distant mountainous area. Although everyone here could understand it, the difference was huge after all. However, since she came out of the cellar, she could speak the local dialect even more authentically than the locals, using very old-fashioned words.

And that's not all—she knew those neighbours' embarrassing childhood stories, including the names and identities of their grandparents. These neighbours were in their 60s and 70s. Their grandparents had long passed away, and they couldn't even tell each other their grandparents' names. The street names given by the patient were all from pre-World War II town layouts. These names were no longer used after WWII.

Everyone was shocked and insisted that the patient went to the hospital for further examination.

However, the patient refused to get on the ambulance no matter what, with several people's help; she was tied up on the stretcher

前几年嫁来的，说的是远方山区的蹩脚方言，虽然大家也能听懂，但毕竟差异巨大。而自从地窖上来后，本地话说得比这些本地人还纯正，用词很老套。

这还不算完——她能如数家珍般地把这些人小时候的各种糗事都说出来，包括他们老一代人的姓名身份。这些邻居也都六七十岁的人了，他们的爷爷奶奶早就过世了，就连彼此都说不出别人的爷爷奶奶的姓名。患者说出的街道名字都是二战前的小镇布局。这些街名二战后就都不用了。

众人细思极恐，一定要让患者到医院就医查查。

患者死活不上救护车，好几个人帮忙才按在

and sent here.

When they arrived at the hospital the paramedics hesitated… where should we send her? To the ER? The old lady had no injuries. So they decided to call a doctor out for advice.

The patient was conscious with normal pupil reflexes to light, and had no other symptoms. She spoke with a strong voice, her limbs were strong when struggling, and there was sharpness in her eyes.

At that moment, her husband also arrived.

The husband said that his wife's pupils used to be brown, but now they were blue, and she also talked strangely. She was not his wife, but she could call out his childhood nickname.

"That cellar had an accident during World War II. I didn't know the details because my family took me out of town for refuge at the time. I heard that some people hid in the cellar, and several didn't

担架上给绑了过来。

可是到了医院大厅门口，急救没主意了：这往哪儿送啊？去急诊？老太太一点儿伤没有啊！所以才叫医生出来拿个主意。

患者意识清醒，瞳孔对光反射正常，除了反抗束缚，没有其它症状。说话底气十足，挣扎时肢体有力，眼神中有一股犀利的气息。

这时，她丈夫也自己开车赶到了。

丈夫说妻子的瞳孔原来是褐色的，现在是蓝色的；说话古怪，不是自己的妻子，但能叫出自己幼年时的小名外号。

“那个地窖，原来在二战时出过事，具体我也不清楚。那时我被家人带着避难去了别的城市。只是听说有人在地窖里躲炮火，后来

make it out. It has been a taboo to mention it so very few people know about it now."

I didn't think it was necessary to keep her constrained, so I ordered a CT scan to rule out certain possibilities.

Two hours later, all the test results came out: the patient's pre-existing diseases were all gone, and she was healthier than me!

What was even stranger was that the ultrasound clearly showed the gallbladder that the patient had removed three years ago due to gallstones.

(I was informed by a colleague about this, but this was not written into the clinical report in case it caused any medical disputes.).

I brought the patient to a separate room so I could chat with her. I was very curious.

Since I knew almost nothing about the past local culture and social

好几个人没能上来。这些年忌讳提及，也就很少人知道了。"

我感觉在门口捆着患者也不是事儿，就安排先去做脑断层扫描，排除其它可能性。

两小时后，所有流程走完：患者连原来有病例的基础病都没有了，比我还健康！

更奇怪的是，三年前因胆结石摘除的胆囊，B超上看得清清楚楚（因为怕医疗纠纷，只是被同事告知，没有写入临床报告）。

为了方便，带患者来到一间空置的独立病房聊天，主要是我自己好奇多些。

因为我对当地的老文化和社会背景几乎一无所知，所以她说的各种老事我也不感兴趣，并且她的用词多数对我很是陌生。而她

backgrounds, I was not interested in the old stories that she talked about. Besides, most of the words she used were very foreign to me. She was obviously a country housewife, and I was afraid that she had never cared about any major events in her life.

After a long time chatting with her, I acquired no valuable information at all. I could only confirm that she was born in 1892, grew up in this small town, married a local shoemaker, and had three children. As the war approached, the cannons rumbled; she and several women hid in the cellar for fear of accidental injuries and Soviet soldiers and did not dare to come out.

Until just now, it was as if she was carried out from the cellar. After waking up, she found a room full of people, and when she asked for their names, she found that these children had suddenly grown old, older than her.

She was bound and put into an ambulance and sent here while she

本身明显是一个乡间的家庭主妇，一生恐怕也没关心过什么大事件，套了半天，一点儿有用的没有。只是肯定了她的生日是1892年，生长在这个小镇上，嫁给了本地的一个鞋匠，有三个孩子。战火临近炮声隆隆，她和几个女人怕被误伤，也怕苏联士兵，就躲在地窖不敢出来。

直到刚才，仿佛被人抬了出来。苏醒后，发现一屋子人，一问姓名，发现这些小孩子都突然变成了比自己还老的老人。

正纳闷呢，就被他们绑上了救护车来了这里。然后就是这种折腾。她真的受够了，只想回家去好好睡一觉。自己好累啊！在那地窖里躲着。之前怕是中了沼气睡着了。

was still wondering. She was fed up and only wanted to go home to get a good sleep. She was so tired! Maybe she had been exposed to methane gas and had fallen asleep while hiding in that cellar.

Boy, I'm out of options; what should I do?

A nurse knocked on the door. A group of people gathered in the corridor, saying they were the patient's grandchildren.

It turned out that after she said her name, the neighbours asked around and found her family. Her grandchildren still lived in this town, all in their 60's. They and their neighbours were born after the war and did not know each other.

They brought the old family photo albums. The patient looked at the pictures of her children and cried sadly. She pointed at the old photos one by one and told stories.

I left the room to take care of something else.

靠，我真没招了，这可怎么办呢？

这时有护士敲门。走廊里来了一群人，说是这个患者的孙子孙女。

原来，她说出自己的姓名后，周围邻居四处打听，找到了这人的家人。这些孙子孙女还住在这个镇子上，都是六十多岁的人了。他们和邻居彼此并不认识，都是战后出生的。

他们拿来了家里的老相册，患者看着自己的孩子们的照片，哭得很伤心，一个个点着老照片说故事。

我退出了房间去忙别的。

下午五点我要下班了，再去看那患者，患者和家属都已经走了。

I went back to see the patient before leaving work at five o'clock in the afternoon, even though the patient and her family had already left.

I asked the nurse, "What happened afterward?"

The nurse said, "The patient cried for a long time holding the photo album. She saw photos of her family attending her funeral before she was buried. Looking at her portrait, she was stunned for a long time. After giving instructions to her grandchildren one by one, she fell asleep and even snored.

The whole room was at a loss. Ten minutes later, the husband realized that the snoring sounded familiar. He walked over and shook the old lady awake. The old lady, who knew nothing about the fall, was surprised to find herself in the hospital and a room full of people.

Since all tests proved the patient healthy, there was no reason to

我问护士：“后来怎么样了？”

护士说：“患者抱着照片册哭了很久，发现了自己被下葬前家人送葬的照片。看着自己的遗照，愣了好久。然后又一一嘱托了孙子孙女些什么，之后就自己去病床上躺下了，还打起了呼噜。

一屋子人不知所措，等了小十分钟，患者的老伴才反应过来——那呼噜声听着耳熟。走过去晃醒老太太。老太太对跌落后的事情一无所知，很惊讶怎么就来了医院、一屋子都是什么人。

因为所有的检查都证明患者健康，也没有理由继续留患者过夜观察。一屋子人就都散了去，也就十分钟前的事。”

keep her overnight for observation. Everyone left and that was about ten minutes ago. "

I secretly regret missing the best part.

我暗自遗憾错过了最精彩的一幕，有些惋惜。

## Case 3: The Celebrity on the Ceiling

It was 15 years ago on a winter night in 2005.

Snowstorms in Eastern Europe were powerful back then. My car's wheels struggled to find traction on the snow-covered streets.

I looked out of the window sleepily at the snow drifting silently in the night between the dim sky and streetlamps.

It was 2 a.m. I was heading to the Central Hospital of a small town. An hour ago, a phone call had woken me up from my warm bed and dragged me out into this cold night. The director's voice sounded abnormal on the phone—she was a very experienced doctor, and I had never heard her sound so helpless before.

She had only revealed three pieces of information:

1. The patient was a 32-year-old celebrity actress who was brought

## （三）天花板上的明星

这事说起来有十五年了，那是二零零五年的冬夜。

东欧的雪在那个年代里还很有威力，我的车轮在满是积雪的街道上奋力寻找着摩擦力。

而我睡眼惺忪地看着车窗外：宁静的夜中，满天飞雪无声地飘荡在昏沉的天色与幽暗的路灯间。

凌晨两点的小镇里，我的车正驶向中心医院。一个小时前的电话把我从温暖中扯拽到这寒夜里。电话里门诊主任的声音都变了——她可是一个身经百战的老医生了，从来没见过她如此地慌乱无助。

电话中她只透露了三个信息：

to the hospital by ambulance at 10 p.m.

2. The patient was manic and could not be approached, examined, or restrained. She was kept in the operating room. Four security guards stood in the hallway to prevent her from escaping or scaring other patients nearby.

3. We had to get the situation under control before daylight. There was a surgery scheduled for the morning, and the whole room would need to be sanitized. We also needed to prevent the situation from worsening to protect both the actress's and the hospital's reputations.

“Come quickly! I will give you a day off tomorrow,” she said.

The Beginning

I parked my car and went to the entrance, where the director was waiting for me anxiously.

1. 患者女性，32岁，全国一线影视歌巨星。夜里十点被救护车拉来的。

2. 患者躁狂严重，无法靠近，无法检查，无法制服。现在被关在手术室中，由四个保安看守着过道，防止她逃逸或惊吓到不慎靠近的其他患者。

3. 天亮前要控制住局面。早上有手术，需要消毒整个房间。同时防止事态扩散，影响明星和医院的声誉。

“赶紧过来，明天给你倒休一天。”

起因

停车后来到正门，主任在大厅里焦急地等着我。

Upon seeing me, she said, “What took you so long?”

I felt wronged. As we spoke, she took me to the nurses’ break room where there were two people waiting for us. I realized that I recognized them.

The first was a petite woman in her fifties with a slender frame wrapped in a big floral sweater. She was a well-known medium in town. The other was a Ukrainian woman in her early thirties, named Nina. She was very beautiful and turned heads wherever she went. The accuracy of her tarot fortune-telling was always astounding.

They both looked anxious. As soon as I stepped into the room, I was struck by the vibe from this strange pair.

The director pointed at the medium and said, “You tell her, I don't know how to explain it.”

The medium stood up and walked up to me.

一见面就说：“你怎么这么慢啊！”

我这委屈啊。说话间，把我带入旁边的护士休息站。里边还坐着俩人，我一看：认识啊。

一个五十冒头儿的小个子女人，纤细的身子骨，裹在宽大的花毛衣里，是镇子里有名的大仙。

另一名是一个乌克兰女人，三十出头，非常地漂亮，走到哪里都很让男人想多看两眼的那种。她用塔罗牌算命的准确程度总是令人咋舌。

她俩也很焦急的样子。我一进屋就感到了诡异的蹊跷——这是什么组合啊？

主任指着大仙：“你说吧，我说不清楚。”

She had a uniquely gravelly voice when she spoke, and her eyes could turn in different directions like a chameleon. She liked to talk in your face – this bothered me, but she was a highly skilled medium, so I didn't want to offend her.

She said, “Nina brought this trouble upon us. The actress was infertile for many years, so she went to consult her. But some evil spirit came with the actress and hurt Nina’s Erbatong (Ear Messenger Spirit).”

Note:

An Erbaotong is an earth-bound spirit that died in childhood. The parents’ lingering remembrance prevented them from reincarnation. Worship and remembrance are strong bondages to confused spirits. The child will cling to the family's emotions and stick around. But as a result, the energy deteriorates quickly and

大仙从转椅站了起来，走到我跟前。

她说话的时候，语音独特的沙哑，两只眼睛经常犹如变色龙一般，可以分开了转，同时看不同的方向，还不影响视力。说话时喜欢贴着人脸说——这一点我一直很讨厌。但人是真有本事，也不好得罪她。

她说道：“这事都是Nina带来的麻烦（Nina就是那个乌克兰女人）。这个明星多年不孕，找她去算命。结果Nina养的耳报童，被明星带来的东西给伤了。

她没辙，只好把人带到我家。我就和那位理论：为什么要伤我们的耳报童？那家伙还来劲了，要给我点儿教训。

结果双方都没占到便宜：我家里的玻璃、镜

therefore needs replenishing; otherwise, their frequency will slow down and affect the clarity of their consciousness.

In a family like this, the parent's health gradually deteriorates, and they quarrel often. Their life energy and turbulent red energy are food for the trapped spirits, who resent the people who bound them in the name of love.

Families of certain bloodlines have the ability to see these small lost spirits and adopt them. Some families inherited ancient techniques that can effectively nourish these stray spirits. They promise to feed them for a specific length of time, teach these little ones specific tricks, and help them to cross over eventually. This creates a mutually beneficial soul contract. The practitioners willingly coalesce their life energy with their blood which is then used as the nourishment for these spirits. This is not merely a drop of blood in the biochemical or physical sense but a part of one’s own soul

子、杯子，不抗震的都碎了，现在还四处透风呢。我看没辙了，叫了几个小伙子，把人送医院来了。这不，现在关在手术室里呢。”

注：

耳报童，是一种地缚灵，多数是幼年夭折、父母不停惦念，导致孩子不能往生。

祭拜与惦念对迷茫的灵魂是一种极其厉害的束缚。孩子会顾念家人的不舍，依偎在家人的身边。但灵体能量耗散是迅速的，它需要能量的补充，不然振频越来越慢，会影响意识的清晰程度。

在这样的家庭里，父母的身体会每况日下，争吵不断。生命能与激荡的红色能量是维持怨灵的食粮，无法解脱的灵体会怨恨用爱之

energy.

The skull structure, bone structure, and the number of caudal vertebrae of such family members are significantly different from those of ordinary people.

Nina didn't know what to do so she brought the actress to my house. I asked the evil spirit, "Why did you hurt her Erbaotong?" But that devil was upset and wanted to teach me a lesson. In the end, no one won. The glass, mirrors, cups… and anything not shatterproof were broken. Well, my house is well-ventilated now. I had no choice but to call a few people to help bring the actress here. She is locked up in the operating room now."

I looked toward Nina. She did look pretty exhausted, partly from lacking sleep and partly from her Erbaotong's severe injury. Although spirits are conscious energy bodies, they can still suffer physical injuries. Under the impact of high-frequency

名束缚它们的人。

有些血脉家族的人可以看到这些迷失的小灵体，就收养了过来。有些家族传承了某种古老的方法，可以有效地滋养游离灵魂。他们承诺供养这些灵魂一个固定的时长，并教会小家伙很多特定的能力，最后会帮助其超度离开。这样就形成了互利的灵魂契约。这里的滋养多用自己的鲜血，血液中还有施术者意愿凝聚的生命力。那不是一滴生化意义或物理意义上的血液，而是自己灵魂能量的一部分。

这样的家族，其成员头盖骨结构、骨骼构成与尾椎骨节数和普通地球人有明显的差异。

electromagnetic waves, the low-frequency, low-energy consciousness body's own frequency can be severely damaged or even completely disrupted.

In a war of spirits, dozens of low-level spirits can resonate together to become strong enough to reformat a high-level spirit. Even though the high-level spirits cannot be destroyed, they will become no different from a retarded state when the reformat happens. This is not the focus today, so I will return to the story.

Nina saw me looking at her, so she forced a smile and said, “I messed up big this time. I thought it was just an ordinary inquiry about life and fortune. So I wanted to see if a child in the future is waiting to be born—no big deal. I totally didn’t expect to find out that a big shot was interfering. And it's got a huge temper and cannot be reasoned with.”

I asked the medium, “Now what? Why did you call me here?”

我看向Nina——她今天确实萎靡得很，一个是后半夜的疲惫，一个是耳报童的重伤。灵魂虽然仅仅是能量意识体，但也是可以受到物理形式的伤害的。在高能电磁波的冲击下，低频低能意识体的自身频率会被严重破坏，甚至彻底紊乱。

在灵界战争中，数十名低阶灵体合力共振，甚至可以把高阶一些的灵体进行数据格式化。虽然不能剿灭，但与白痴无异。这不是今天的话题，书归前文。

Nina见我看着她，勉强礼貌地微笑说道：“这回的娄子大了。以为就是普通的命程安排，看看她后续时间点上有没有安排孩子、谁在等着这个载具投胎的小事情，结果没想到她的不孕是有个这么厉害的家伙搞古怪。脾气

The medium said, “The two of us cannot control her body. I have the soul-returning water here to call her spirit back. Someone is controlling the consciousness of that evil spirit. He is in extreme pain, is very violent, and thinks everyone is trying to hurt him. This caused the actress also to become eccentric, manic, and depressed so that she couldn’t get any jobs over the past two years. She thought maybe it was an opportunity to take a break and have a child since she was not busy with work but could not get pregnant. With this big shot around, who dares to come?!”

I asked, “Have you figured out who he is?”

The medium replied, “Yes, he was a lost soul in a cave on an ancient Mediterranean battlefield. I don’t know who brought him back, tortured, and used him. They led him to believe that his carrier was a small drawing on a piece of paper, so he attached himself to it. He thought he would find peace by doing so. What

还特大，根本不讲理的。”

我问大仙：“现在怎么办？干嘛叫我过来？”

大仙说：“我俩拿不住她的肉身。我这里有做好的回魂水，能请那位清醒过来。那个意识体被人控制了思想，并且非常痛苦狂暴，觉得谁都想伤害它，搞得那个女明星最近两年也是性格古怪，狂躁抑郁，都接不到商演的订单了。事业不好，想借机会休息一下生个孩子吧，就是怀不上。你说这瘟神似的大爷在这里守着，哪个敢来投胎啊！”

我问：“对方来历清楚了吗？”

大仙：“清楚了，是古地中海老战场上一处大山洞里的游魂。不知怎么被谁带了回来，并加以折磨和利用，让他误以为一个纸上画

he didn’t expect was that the incantation paper was burned, and the actress swallowed part of the ashes. So the soldier’s soul resented her, feeling that she ruined his peace. And he has been haunting her for almost two years.”

I asked, "Why did she drink the ash?"

The medium said, “I conducted an investigation on that timeline; another celebrity actress added the ash to her tea.”

I asked, “Which celebrity knows this kind of black magic?”

The medium said, "She spent a lot of money to hire heartless people to do this. These people do not respect the law of nature. One day, they will have to pay."

I asked, "How much did the black witch charge to do such a wicked thing to someone?"

The medium said, “On the table, I saw she paid 30,000 Euros on

的小人是自己的载具，并附着了上去，以为这样可以得到安宁。没想到，这个纸符后来被烧了，其灰烬的一部分被这个女明星给喝了。这个武将就记恨上了她，觉得是她毁了自己的安生日子。这不，就闹腾了快两年了。”

我问：“她干嘛要喝符？”

大仙说：“去那个时间线上看了，是被另一个现在的当家花旦下到茶里的。”

我问：“哪个花旦会这些黑巫术？”

大仙说：“花了重金请没良心的干的。这些人知有天地而不敬。百年短暂，有要面对的时候。”

我问：“那个黑巫当时要了多少钱？干这种

the timeline.”

I asked, "There was more under the table?"

The medium said, “Yep! They secretly took half of the actress’s life energy. That’s 35 years of her life.”

I was shocked and asked, “That was too cruel! Didn’t her higher self intervene?”

The medium shook her head and said, “Her higher self was by her side all the time and tried to stop her many times. She struggled but her ego chose what she could benefit from in the immediate future, and she gave in. Hence, her higher self didn’t stop her life energy from being taken away.”

I asked, "That black witch didn’t worry about getting into trouble in the future?"

The medium smiled wryly. “He was also out of options. He had

损人不利己的事！”

大仙说：“我在时间线上看见当时明着的收了三万欧元。”

我问：“还有暗的？”

大仙说：“可不，暗里拿走了那个求符的花旦一半的生命能——三十五年阳寿。”

我一惊，忙问：“花旦的高我不管吗？这太狠了吧！”

大仙摇头说：“花旦的高我一直在旁边，多少次想要阻止，但花旦内心交争，最后自我意识选择了实时的利益。她的高我也就没有阻止她的生命能量被对方吸取了过去。”

我问：“那个黑巫不怕日后有‘麻烦’吗？”

previously hosted a conscious body from another dimension to give him magic powers, but it needed constant life energy to be sustained in this dimension. The black witch didn't have much life energy left to exchange for its service, so he came up with this sinister approach to steal greedy people's lifespan to support his own magic."

Note:

Life Span, also known as life energy. It is the life cycle which a conscious entity planned before birth, for example, 80 years. It is then converted into waking units. Each waking unit is a three-dimensional block. A unit of life energy is the energy needed to move from one block to the next. When it is depleted, you can no longer move, and your time is over.

When a soul begins its life journey, its total life energy units are set, like a sealed battery. How you allocate your energy each day is

大仙凄然一笑："他也是没有办法了。他之前为了神通法术，请养了一个非本维度的意识体。结果那个意识体想要维持在这个维度，需要不断的生命能供养。那个黑巫已经没有多少生命能可以换取被服务了，就想用这样的阴毒法子，拿贪婪人的阳寿养自己的神通。"

注：

阳寿，又称生命能，是一个意识体。在投胎前先设立计划要活多久，比如80年；然后计算这是多少数量的清醒当下，每个当下是一个三维空间格。从一个三维格移动到下一个需要消耗的能量就是生命能。消耗殆尽就不能再移动了，你的时间就结束了。

每个灵魂进入生命历程时，其生命能总数已

your free will. If a life of 80 years gives you 16 hours of daily waking units, you will only live 64 years of life if you use 20 waking units every day.

If you indulge in physical excitements and stimulation or overuse your brain, you can consume energy units of two days in one day. Your thyroid gland will secrete more hormones and deplete your life energy faster. That's your free will, too. If you meditate or restrain desires and consume less than 10-hour units a day, then it's not uncommon to live an extra 20 years.

Life energy is a spiritual currency that conscious bodies use for transactions. No one wants those false paper money burned as an offering to the dead. When people burn incense with wishes and desires, they are actually offering their life energies. People just don't realize what they are exchanging their wishes with. It's like taking the bricks from the wall on the east to repair the walls on

经被锁死了总量，犹如封闭的电池。你如何支配你每日消耗的电量是你的自由意识。按每天清醒时间16小时计算就是80年，每天清醒20小时，就是64年的阳寿。

如果你纵欲声色犬马或极度用脑等高能消耗，一天当两天过，你的甲状腺会分泌更多的激素让你透支生命，这也是自己的自由意识。如果你冥想或寡欲，每天消耗不到十小时，那你就多活个二十年也是正常。

生命能是一种可以相互调度的灵界货币。意识体间交易一般都使用生命能作为硬通货币，没人要什么冥币或纸钱。香火烧的是敬香人的生命力，你的那份心意就是自己的生命力，只是普通人不知道而已。这都是拆了东墙补西墙的买卖，一点儿没有占到便宜。

the west. You didn't gain any advantage. There is no free lunch. Those gods or goddesses don’t have to pay karma for changing your fate because they simply respect your free will.

Fight

After learning the whole story, we walked to the operation room together and looked inside – no one was there! Where is she?

The four guards at the door were all shocked: there were still movements inside moments ago, except that they were all scared and didn’t dare to look inside. But they were certain that she didn’t escape.

Oh well. I turned on the shadowless lamp, ultraviolet disinfection lamp, emergency surgery lamp, and located two long-handled high-power flashlights, with Nina and I each holding one. In fact, I didn't expect it to illuminate, it’s mainly for self-protection. This is the least lethal but effective weapon that can be found in the

所以那些成全了你的“神仙”逆天改命也不用被因果，它们尊重了你的自由意识而已。

战斗

明白了大体情况，我们一起走到手术室前，隔着玻璃往里看——没人！人呢？

门口四个保安，都惊了：刚才里边还有动静呢！就是四个小伙子都害怕，不敢往里瞧，但肯定没跑啊。

好吧，打开无影灯、紫外线消毒灯、应急手术灯，又找了两把长柄大功率手电筒，我和Nina一人一个。其实也不指望它照亮，主要是防身使。这是医院里能找到的最没有杀伤力又管用的武器了——强光对意识体是有吓阻作用的，而且意识体多数不喜欢灭菌紫

hospital – strong light has a deterrent effect on consciousness bodies, and most consciousness bodies do not like sterilizing ultraviolet lamps. I don't like it either. Its frequency is just too overbearing.

The three of us emboldened each other, walked into the empty operating room and looked around: where is she?

The room was as bright as day, and under the strong ultraviolet rays, we soon retreated.

And then we heard movements inside. Someone was crawling. We entered the room again and looked toward the source of the sound – the actress's face was distorted but recognizable! Except that gal is up on the ceiling and crawling on the walls like a gecko! I almost peed in my pants; this is just too spooky! I looked back at the medium, who is protected by Nina and me. My eyes were filled with questions: Are you sure you want us to do this?

外线灯。我也不喜欢，那玩意儿频率太过霸道了。

我们三人相互壮胆走入空旷的手术室，环顾四周：人呢？

屋里亮如白昼，在强紫外线下我们赶紧又退了出来。

这时只听里边有了响动，在爬行的动静。我们又进屋，顺着声音看去——女明星面部扭曲，但认识啊！只是姐们儿在天花板上，犹如壁虎般沿着四墙游弋！我差点尿了，太他妈诡异了！

我回头看着被我和Nina保护在中间的大仙，眼神里全是狐疑：你肯定让我们搞她吗？

手术室很高，跳着都够不着她啊，姐们儿怎

The ceiling was pretty high and I couldn't even reach her if I jumped. How did she get up there? And how could she move around on the wall like that? The laws of physics as I knew all flew out the window.

I asked to have the UV light turned off first. She could care less about it but our eyes would go blind before long.

She didn't mind the three of us standing below dumbfounded and just ignored us. What a crushing disparity in terms of minds, nothing she has to worry about. She just looked at us curiously. Her gaze was hollow and eerie; strange noises came out of her mouth, like the breath of a patient with asthma, and Her drool dripped intermittently. She wasn't wearing shoes, her clothes were all torn up, and her face was covered with small cuts. And the busted restraining suit was on the floor.

. . . . . .

么上去的？又怎么能在那里游弋？我脑子里所有的物理学逻辑全部同时爆体。

叫人先关了紫外线灯——那东西根本不在意这个。要不，一会儿我们仨的眼睛就废了。

那个女明星也不在意我们三个站在下面发呆，根本选择无视——碾压的等级差，人家凭什么担心，只是好奇地看着我们。眼神空洞诡异，嘴里发出怪异的声音，犹如哮喘病人的呼吸，口水不时滴落。没穿鞋，衣服已经破损严重，脸上有细碎的伤口。手术室地上是一件从内部爆裂开的精神病患者束身衣。

. . . . . .

3:30a.m.

What to do?

Use a ladder? Nope. She crawled away when I climbed up and I couldn't keep up with her. If she was to fight me I was probably no match for her.

Use a long pole? We could stab her, but I would have a hard time explaining to her when she regained consciousness. She was a celebrity after all and needed her pretty face to make a living.

Use a strong flashlight? She didn't like it but she was not afraid of it. I flashed at her for a while but she just wouldn’t come down.

Stalemate…

As time went by, the guard’s stun baton came to mind – maybe this would work! I made up my mind and went out to get one and wrap it onto a broom with medical tapes. I grabbed a stool and returned

凌晨3:30.....怎么办？

梯子？不行。我爬上去，她就游弋开。我跟不上她换边的速度。真跟我撕巴起来，我还未必是对手。

大长杆子？捅她倒可以，但伤了皮肉不好和肉身本家交代，好歹人家是明星，靠脸吃饭的。

强光手电筒？她讨厌，但不怕。晃了半天，人家就是不下来。

僵持...…

时间流逝，我突然想到了门口保安的电棍——没准这个能行！

to the operating room.

The blue electrified darts on the baton flashed like a little dancing genie. The other two ladies in the room stared at the baton in shock. And the one on the ceiling? Finally showed signs of attention and gave me a suspicious look, as if saying: are you kidding me?

It was 4 o'clock now, I didn't want to give her time to figure out my plan so I stepped onto the stool without hesitation and stabbed her with the broomstick.

Accident

When the blue electrified darts touched her ankle, Newton's theory was confirmed by physics for the first time – her body twitched and tumbled down. Fortunately, being next to the wall, the friction slowed down the fall.

拿定主意，出门要了电棍，拿医用胶布捆在扫把上。抄了把凳子，又回到手术室。

电棍上蓝色的电弧犹如舞动的小精灵。屋里的俩都看呆了。房顶上的那位，眼神终于有了变化——是一种狐疑的探寻，好像在说：你开玩笑呢吧？

4:00了，我可不想让那东西琢磨过味儿来，二话不说踩上凳子，拿着扫把杆就捅了过去。

意外

当蓝色的电弧碰触到她的脚踝，物理的科学第一次彰显了牛顿述说的道理——那身体扭曲翻滚着落了下来。好在是墙边，墙体的摩擦消减了大部分下坠的力量。

I didn’t expect it to be so effective! For Nina and the medium, it must have been their first time seeing an exorcism with a stun baton.

I was terrified because she almost struck me when she fell. What scared me even more was how fast she recovered from the electric shock. Luckily the fall made her dizzy and delayed her reaction.

I called out to the medium in a hurry: “Potion!” And stunned the actress again.

Fortunately, my teammates were smart: Nina stepped forward and squeezed her mouth open; the medium then poured a bottle of white-colored foul-smelling potion into her twitching mouth. They coordinated so perfectly that we were still amazed when we talked about it years later.

My first reaction was to back away. I knew if the evil spirit were immune to the potion, I would be the most hated and its’ first target.

我都没想到如此有效！身后的Nina和大仙也是第一次看拿电棍驱鬼的法术奥义。

刚才差点砸到我，让我心有余悸；更让我不安的是它从电击中恢复的速度。好在翻滚的眩晕延迟了它的反应。

我急忙喊大仙：“药水！”

话音刚落，接着就再电了过去。

好在队友不“猪”：Nina一个健步上前，下手捏住了她的面颊，大仙对着抽搐抖动的嘴巴，一瓶白色脓臭的酱汁就灌了下去。

所有动作跟开挂了一般流畅准确。多年后我们说起还都感叹有余。

我第一反应就是后撤——我知道要是那家

I found a spot closest to the door and was prepared to escape anytime, but then realized that they had locked the door from the outside!

I really wanted to curse! What the hell!

If I asked them to open the door, I would look really like such a coward, so I calmed myself down and moved to the far corner of the room.

The medium and Nina had long been standing in the far corner, looking at me. After all, the room was not that big. The three of us didn't dare to breathe deeply, and the four hearts in the room beat wildly……

Suddenly, a stench hit us, the actress began to vomit and lose bowel control. I didn't know if it was caused by the electric shock or the medium’s potion.

伙对这药剂免疫，我的仇恨值就是第一。

我找了一个靠门最近的地方，随时准备逃离——门被他们从外面反锁了！

我骂街的心都有了！这什么事啊！

喊他们开门，等于嘲讽技能啊。安静，安静，往远角移动。

大仙和Nina，早就站在远角，看着我。屋子本来就不大，好吧。

三人大气都不敢喘，屋里四颗狂跳的心……

突然，一股恶臭袭来，女明星上吐下泻。我不知道是我电的，还是大仙的药。

大仙和我互相看着，都在思考万一捅了娄子，怎么推诿责任。只有Nina凝神看着那家

The medium and I looked at each other, both contemplating how to shirk responsibility in case the situation got out of control. Only Nina gazed at the actress with relief.

The room smelled really stinky! The floor was covered with excreta. I wondered how one could hold so much in the stomach. In the end, her body was still making its last effort, but there was really nothing left inside her system. Then the actress passed out.

That was it! There was neither earth-shattering fantasy battle nor celestial beings kung fu fighting. That was it.

What to do next? I looked at the medium. It was her potion. She should know.

The medium looked at the unconscious actress on the floor and gestured to Nina to check on her.

Nina looked at me as if suggesting “one more stun?” I shook my

伙，一脸解气。

屋里那个臭啊！地上都是污秽的东西。我都怀疑一个人怎么能装下这许多进入肚子里。最后，我看那个身体还在做最后的努力，可实在是什么都没有了，人直接昏迷了过去。

就这么完了。没有什么惊天动地的玄幻大战，也没有什么昆仑飞仙的搏击。就这么完了。

下面做什么？我看着大仙：药是她的，她该知道的。

大仙看着地上昏迷的女明星，用肢体语言鼓励让Nina去看看情况。

Nina看着我，意思是你再捅一电棍。我脑袋摇得跟拨浪鼓一般——再电，法官可不想听

head like a rattle. Again? No judge would care to hear a ghost story.

After observing the unconscious actress for a while, making sure her breathing was even and her body showed no signs of violence, the three of us approached her together. The floor was slippery and smelly. We held on to each other, worried that if we fell we would get that stinky mess on us.

The medium was the first to stop. She looked at a char-like matter in the excreta on the floor and began to talk to the air. Her eyes moved around strangely; we knew that her master had come to help.

The conversation was silent but lasted for quite a while. Nina and I stood there and didn't know if we should move or not.

I looked at my watch. It was 4:44 a.m.

有鬼的传奇。

观察了一会儿那昏迷在地的女明星，确定呼吸均匀，身体也没有了那狂暴的气息。三人一起走近她。地上湿滑恶臭，三人相互扶着，怕自己摔了粘一身。

大仙第一个停住了脚步，看着地上污渍中一团焦炭样的东西，然后就开始和空气对话，两个眼睛不停地诡异转动了起来——我们都知道，大仙的大仙来帮忙了。

交流是无声的，但持续了很久。我和Nina傻傻地站在那里，动也不是，不动也不是。

我看了眼表，4点44分。……

大仙说话了：“好了，人送病房。今天可以收工了。”

……

Then the medium spoke: "Okay, I will send her to the patient’s ward. You can call it a day."

I quickly performed a basic check-up on the actress: she was all right, we were lucky.

The three of us returned to the door, and it seemed the whole cast had arrived at some point: the director, nurses, doctors, security guards, and the cleaning crew… Just like a movie, when the credit rolls, everyone is there… And I just wanted to curse…

The director looked at me with concern. I knew the person she cared about was not me, but the actress - the hospital couldn't afford to get in trouble for this.

I said, "She’s fine, I have checked her. Two days’ rest, intravenous drip. I'll get a CT scan done for her tomorrow, as long as she

我赶紧上前给女明星做了基础检查：没问题。万幸。

三人回到门前，门口不知什么时候已经堆满了人：主任、护士、医生、保安、值班清洁……就跟所有大片一样，出字幕时，人都到了。我心里就剩骂街了。

主任看着我，很关切。我知道不是关切我，是那个明星——医院捅不起这么大的娄子啊。

我说：“人没事儿，查过了。缓两天，静脉滴注，静养。明天查个CT，没有胸骨骨折就没事。

累了，我先回家补觉去了。你说的啊，白天不用我来的。”

doesn't have a sternum fracture, she'll be fine."

"I'm tired. I will go home and get some sleep. As you said earlier, I don't need to work today." The director nodded and called some people in to carry the actress away and to tidy up the room.

The medium and Nina left in one car, and I went home by myself.

It was 5:15 am. The snow stopped and it was getting brighter, but the street was still pretty empty.

I felt dumbfounded and dizzy. What did I just experience? What was that? What have we done? It was as if we didn't do anything, yet we did everything.

The way back home seemed to have been shortened by half, I didn't know how I got back to my bed. My family was still sleeping. Maybe it was just a dream and I never got up.

What happened afterwards

主任忙点头，叫人进去抬人，收拾房间。

大仙和Nina一车走，我自己回家。

5点15分，雪停了，天在亮起来。街道上还是没人。

我一脑子浆糊，晕晕的：我都经历了什么？那是什么？我们干了什么？

好像什么都没干，好像什么都干了。

回去的路好像缩短了一半，也不知道自己怎么回到床上的。家人还在酣睡，而我经历了一场梦吗？或许就是一场梦，我压根儿没起过床。

后话

Three days later, the actress was discharged from the hospital, and everything was fine.

When I remembered to ask the security department for the CCTV video in the operating room, it was too late. All the videos were taken by the actress's lawyer, and the hospital was extremely cooperative on this…

The director asked everyone present that day to sign a non-disclosure agreement. We would take this knowledge to our graves and no one would ever know about it.

She was a celebrity, so was the other. We didn't want to offend any one of them.

Half a year later, the actress became popular again. She was very pleasant and treated people nicely. Everyone liked to hang out with her.

三天后，女明星出院了，一切安好。

我想起去找安保要手术室的闭路监控时已经晚了——被女明星的律师给拿走了所有视频影像，院方异常地配合……

主任吩咐了：当天在场的所有人都签署了保密协议，这事就烂肚子里了，不会再有人知道。

大明星，人家要脸的。另一个也是大明星啊，哪个都得罪不起的。

事后半年，女明星又火了起来。性格好，还喜兴地为人待物，让圈里的人都想要亲近她。

更巧的是，那个前两年独占鳌头的花旦，在片场突发意外，之后若干年里再也没有听说

Coincidentally, the other actress who had been a top celebrity in the industry for a couple of years suffered an accident on a movie set and disappeared from the entertainment industry. She was never heard from again.

Tidbits

A year later, the actress gave birth to a baby girl and I became the baby's godmother.

The medium later told me about the negotiation she had with the evil spirit that day.

Nina released her Erbaotong early and helped it cross over. Her fortune-telling business slowed down after that.

The hidden detail: the Evil Spirit's Forgiveness

In the silent negotiation that day, the medium's master communicated with the "evil spirit" directly —

过她复出。

花絮

一年后，女明星生了个女儿，认我做了教母。

大仙，后来跟我说了那天和厉鬼谈判的过程。

Nina，提前帮助耳报童超度了，之后算命生意比较惨淡。

大仙说出的隐秘环节：恶灵的宽恕

那天无声的谈判中，大仙的大仙直接对“恶灵”的交流——

仙：是时候离开了。

魔：我每天战死，日出又复生，在那战场我们厮杀了千年。

Master: “It's time to leave.”

Evil: “I died in battle every day and came back to life when the sun rose. We had fought on that battlefield for a thousand years.”

Master: “Why didn’t you stop the killing? It has been like this in a thousand years. Why would you want to relive it every day?”

Evil: “When someone gets tired or exhausted and doesn't want to fight anymore, the officer would punish them the entire day. And the next day, they would be resurrected and punished again. The generals on both sides oversee the battle, they are all killed before dark.”

Master: “It’s been a thousand years with no exception?”

Evil: “No. Those who refuse to fight would turn into a poof of white smoke and disappear forever. And their souls would perish. I wanted to live. I was afraid that if I put down the sword, I would also

仙：为何不停止杀戮？千年了，为何还要每日如此？

魔：有人倦怠了，累了，不想杀了，军官会惩罚他们一整天，第二天又会复活，又接受惩罚。两边的将军都在督战，天黑前都战死了。

仙：千年了，没有例外？

魔：没有。那些拒绝杀戮的，会化作白烟，永远地消失，他们魂飞魄散了。我还想活着，我怕我放下了刀就会也变成白烟消散掉。我还想活着。

仙：你知道那些变成白烟的人去了哪里？

魔：不知道，他们再没有复生过，消失了。大家都说逃兵下了地狱，只有每天杀戮可以

turn into smoke and dissipate. I wanted to live."

Master: "Did you know where those who turned into white smoke went?"

The evil spirit replied: "I didn't know, they never came back, they just disappeared. Everyone said that deserters went to hell, and only by killing every day would we live forever."

Master: "Why are you here?"

Evil: "I don't know. A nice guy took me away from that battlefield and I never had to fight again. But the next day, I was resurrected in the barracks, and the man came and took me away again. He told me if I focus my consciousness on a paper doll then I wouldn't have to go back to the Asura hell to fight. He didn't lie to me. For a long time, he gave me energy and made me strong. I am grateful to him."

永生。

仙：你为什么会在这里？

魔：我不知道。有个善良的人，他把我带离了那战场，我再也不用厮杀了。但第二天我还会复活在兵营中，那个人又来把我带走。他告诉我，只要我把意识集聚在一个纸人偶上，我就不用回到那修罗地狱去厮杀了。他没有骗我。很长一段时间，他给我能量，让我强壮。我很感激他。

仙：那你怎么会在这里？

魔：有人烧毁了我的新身体。他告诉我，有那身体的灰烬的地方，就是我的新家。跟着那灰烬，就可以不用再回到古战场。我不想回去。

Master: “Then why are you here?”

Evil spirit replied: “Someone burned my new body (the paper doll). The man told me that my new home is where the ashes are. Follow the ashes and I don't have to go back to the battlefield. I didn't want to go back.”

Master: “Why do you torture this woman every day?”

Evil: “She drank my ashes, I had to follow her. But she didn't give me energy. I was getting weak. I asked that man,” Why doesn't this woman feed me? And you don't feed me either. So how am I going to live?” I had suffered for a thousand years, and I was finally settling down, I didn't want to just dissipate. The man told me that when this woman gets angry, quarrels, curses, or gets irritated, she will emit life energy, and that’s when I can replenish my life energy.”

仙：你为什么每日折磨这个女人？

魔：她喝了我的灰烬，我只能跟着她。但是她不给我能量，我在变得虚弱。我问那个善良的好心人，为什么这个女人不供养我？你也不供养我？我要怎么活下去啊？我受了千年的苦，现在刚安顿下来，我不想就这样消散掉。那个善良的好心人告诉我，这个女人在愤怒的时候，在争吵的时候，在诅骂他人的时候，在暴躁的时候，都会散发出生命的能量，那时我就可以补充我的生命能量了。

仙：然后你就每天设法饱餐一顿？

魔：我不想伤害她的。但是她不理睬我，也不主动喂养我，我会死的。我不想死。我不

Master: “So you try to get a full meal every day?”

Evil: “I didn’t want to hurt her. But she ignored me and didn't take the initiative to feed me. I could die. I didn’t want to die. I didn’t want to disappear into white smoke.”

Master: “What did you do to her?”

Evil: “I made her anxious and lost her temper over small things. It was little things at first, but that red energy really made me strong. After that, I longed to be stronger and more powerful. The man told me that if I got strong enough, I would no longer have to fear death and could solidify a new body. I wanted my own body. I made her focus on the details that could make her unhappy every day, made her see the darkness in everyone, and made her feel that people were picking on her.”

Master: “It seemed that you succeeded.

想消失变成白烟。

仙：你对她做了什么？

魔：我让她焦虑，为小事情发脾气。起初都是些小事，但那红色的能量真的让我强壮。后来我渴望更强壮些、更有力量些，那个善良人又告诉我，只要我能足够地强壮，就不用再害怕死亡，并会凝聚出新的身体。我渴望有属于自己的身体。 我帮助她每天关注所有可以不开心的细节，让她看到所有人的阴暗，让她感到人们在针对她。

仙：看来你成功了。

魔：是的，开始有点儿难。但很快地，各种小事她都发脾气，得罪了所有的人，没有人愿意帮助她，都疏远她，她就更焦躁易怒。

The evil spirit replied: “Yes, it was a little difficult in the beginning. But soon, she would lose her temper over every little thing, offend everyone. Soon, no one was willing to help her and people stayed away from her. That made her even more irritable. She couldn't find work and lost her luxurious lifestyle. She began to drink and cursed over everything. Her energy fed me continuously. I could control her feelings, her mood, her thoughts, and finally her body. I lived in her place. The man was right, I had a new body. But her body wouldn't accept me, it rejected me, and I felt very uncomfortable.”

Master: “Then why didn't you leave?”

Evil: “I encouraged her and showed her the nice man’s contact information. On the days when she went to see the man, I would not torment her; if she didn't spend money at his place, I would torment her hard. The man said that every time she went to his

她找不到工作，失去奢华的生活。她苦闷喝酒，然后咒骂一切。她的能量源源不断地开始供养给我。我可以控制她的感受、心境、思想，最后身体。我代替她生活。好人说的一点没有错，我有了新的身体。但她的身体不接纳我，排除我，我很难受。

仙：那你为什么不离开？

魔：我怂恿她，引导她看到好心人的联络方式。任何日子只要她去好心人那里，我就那天不折腾她；如果一天不去花钱，我就使劲折腾她。好心人说了，每次她去好心人那里，都会喝一些带有纸灰的水。那些纸灰进入体内，我就把它们凝结起来，慢慢地形成一个团，我就有家在她体内、一个不属于她的地方。那里不会排斥我的能量。

place, she would be given ash water to drink. When the ash entered her body, I would condense them and slowly formed a mass to create a home for myself in her body, a place that didn't belong to her therefore could not reject me."

Master: "Why did you hurt my friend's Erbaotong?"

Evil: "I hate being disturbed. I was afraid that if someone discovered my secret, I would be homeless again. I liked it here. Her energy could sustain me for a long time, and then I could become very strong, I would no longer be afraid of anyone."

Master: "Why did you shatter my house?"

Evil: "I was very angry. You kept disturbing me. And I just wanted to live my life in peace. I hate to be disturbed. You are bad people, and you were going to hurt me."

The master said: "No one wanted to hurt you. You cannot enter

仙：这次你为什么要伤害我朋友的耳报童？

魔：我讨厌有人打搅我。我怕有人知道了我的秘密，我又要到处流浪了。这里很好，这女人的能量我还能吃很久，那时我会很强壮，不怕了，谁都不用怕了。

仙：你为什么震碎我家？

魔：我很生气，你们一再打扰我，我只想安静地过自己的日子。我讨厌被打扰，你们是坏人，你们要伤害我。

仙：没有人要伤害你，你现在已经不能再进入那个女人的身体了，你的家也已经被吐了出来。你想要回到那个好人那里、还是回古战场？

魔：我不能回好人那里，那里有个非常可怕

that woman's body anymore. And your home has been spitted out. Do you want to go back to that man, or to the ancient battlefield?"

Evil: "I can't go back to that man. He has a scary and powerful guy who wants to consume my energy every time. I definitely don't want to go back to the battlefield to fight again either."

Master: "Do you know where those who disappeared into white smoke went?"

Evil: "They all disappeared and will never come back."

Master： "Give me a lost friend of yours. I might be able to find him."

Evil: "My brother. He was a deserter and a coward who refused to fight a long time ago. And he disappeared."

Master: "Name, date of birth..."

Evil: "xxx xxx xx-xx-xxxx"

强大的家伙，它每次都想要吞噬了我的能量。我也绝对不想再回去厮杀了。

仙：你知道那些化成白烟消失了的人去哪里了吗？

魔：都消失了，再也回不来了。

仙：告诉我一个你认识的消失了的朋友，我或许能找到他。

魔：我的弟弟，他是个逃兵懦夫，很早很早前就拒绝战斗，然后消失了。

仙：名字、出生日期...

魔：xxx xxx xx-xx-xxxx

……

.....

Master：“Here he is.”

The evil spirit said: “Ah, my brother! You are bright as an angel! What happened to you? I thought I would never see you again. You just disappeared like that!”

Brother: “I had let go. I was not afraid of dying or disappearing, but I was tired of the daily killing. I laid down the sword. No matter how the officer scolded and whipped me, I simply refused to fight. There was no reason for me to kill. Then I saw the holy white light and I went back to our hometown. I saw our parents and other family members. I went back to look for you several times, but you were so fixated on fighting on the battlefield. I had to respect your choice, although I feel sorry for your decision.”

Evil: “So you didn’t really perish! Was our hometown behind the white light? Why did the man never tell me I could leave? I could

仙：他来了。

魔：啊，弟弟！你明亮得犹如天使！你这是怎么了？我以为永远也无法再见到你了，你就那么地消失了！

弟弟：我放下了。我不畏惧死亡或消失，但我厌倦了每日的杀戮。我放下了刀，任凭长官如何责骂鞭打，我拒绝出战。没有什么理由可以让我去杀戮。然后我看见了圣洁的白光，我回到了家乡，我看到了父母和其他家人。我几次去找你，但你都在战场忘我的厮杀。我只好尊重了你的选择，虽然很惋惜你的决定。

魔：消失不代表着消失吗？白光后边是家乡？！那好心的人为什么从来没有告诉过我？我可以离开？我可以回家！我好疲惫，

have gone home! I'm so tired and I want to go home, but I've always been fearful of losing myself."

Brother: "Come with me. Let's go home. We are all waiting for you! You have been away for too long. Let go of your attachment to your body, let go of the sword you are wielding, let go of your fear and greed for power, and come home with me."

Evil: "I didn't want to kill! I have never been greedy for power. I have long abandoned the sword. I have always longed for freedom, and I have been trying to find a way to free myself. Take me, take me home! I no longer fear death, and I no longer desire the eternal life of the daily resurrection. Get me out of here, now, right now! I don't want to wait anymore!"

Master: "The light tunnel has opened, and the guide has arrived. Go, let go of your last sorrow and embrace the abundance of love."

Evil: "That vicious man! That greedy actress! I will repay my last

我想回家，但我一直都恐惧失去自己。

弟弟：跟我走吧，回家吧，都等着你呢！你离开得太久了。放下对身体的执着，放下你手中挥舞的刀，放下恐惧和对力量的贪婪，和我一起回家吧。

魔：我何尝愿意杀戮！我从未贪恋力量，我早就摒弃了兵刃，我一直渴望解脱，我一直在努力找到解脱的道路。带上我，带我回家！我不再恐惧面对死亡，我不再渴望每日复活的永生。带我离开这里，现在、就现在！我再也不想等待！

仙：光洞已经打开，接引已经到来。去吧，放下你最后的悲哀，感受丰盛的关爱。

魔：那个恶毒的好人！那个贪婪的花旦！我

strength to you to quell my anger and resentment.”

Before the evil spirit entered the light tunnel, a thousand years of resentment and hatred radiated, forming two dark red energy beams, striking distant targets.

The medium shook her head and sighed: “Why oh why! The gains and losses balance after all. This is the law of heaven and earth."

最后的力量都偿还给你们，平息我的愤怒与不甘。

魔进入光洞前，发散了千年的怨恨与不甘，形成两股暗红色的能量，直击远方。

仙摇头叹气：“何苦呢，何苦呢。罢了，该平复的得失都需要平衡，这就是天地间的规矩。”

## Case 4: The Hypotensive Factory Owner

Background

Ten years ago on a summer afternoon, I sat behind my large solid wood desk, patiently waiting for my 3 p.m. patient.

It was after-hours private time, and I was in my private clinic. Only certain “patients” were accepted here—rich people who are concerned about their privacy.

The woman that was coming had a toned body, over 1.76 meters, and looked even taller when she wore high heels.

She had been my client for many years and we became good friends. Her generous and straightforward personality made our communication a pleasure.

She was shrewd and capable, and owned a large-scale auto parts factory. Only two companies in the country were capable of

## （四）低血压的厂长

背景介绍

十年前的一个夏日午后，我坐在宽大的实木办公桌后边，耐心地等待着预约下午三点的患者。

这是下班后的私人时间，而我就在私家诊室中。这里只接待某些特殊的“患者”——那些时间宝贵、关注私密，而负担得起大价钱的患者。

马上要来的女人，拥有健硕的身材，1米76以上的身高，穿上高跟鞋后更让人仰望。

她泼辣干练，拥有一家规模不小的汽配工厂。全国这个部件只有两家有能力生产，而

producing this component, and her factory dominated 60% of the market share.

Prologue

Earlier that day she showed up just after 9:00 a.m. when my clinic opened, and said that a week ago she began to suffer from severe insomnia and irritability followed by persistent vertigo, low blood pressure, and almost fell into a coma several times.

Such symptoms occurred every day at 10:00 a.m. sharp no matter where she was or what she was doing, and lasted until 5:00 p.m.; not a second more, not a second less.

I immediately arranged for her to have blood tests and a head-to-waist CT scan done. Since she had the best medical insurance, there was no need to skimp on the tests, so I ordered all the relevant tests for her.

她的厂子占据了六成的市场。

这是一个多年的客户了，早就成为了好友。爽快、阔绰、直截了当的秉性，让沟通总是让人愉悦。

前言

今天早些时候，上午九点刚开门，她就来到门诊，说一周前开始严重地失眠、烦躁，之后持续地眩晕、低血压什么的，几度差点昏迷跌倒。

这样的症状每天上午十点整准时发生，不管在哪里、在做什么、什么姿势，而持续到下午五点结束，一秒不多也不少。

我立刻安排她做了血检、从头到腰的断层扫

During the three hours of the tests, she went into panic and vertigo twice due to low blood pressure. Her mind was dull and she had difficulty communicating. By 12:00 noon, all the test results confirmed that the patient was absolutely healthy with no medically significant disease.

The hormone and biochemical test results wouldn't come back until the next day, but they were of little significance for diagnosis purposes at that point: the patient was not sick!

The symptoms were obvious: she was dying, but at the same time she was really healthy.

Since both biochemical and physical tests had completely ruled out the possibility of any disease, I suspected that she might have a psychological issue so I invited her to see me privately in the afternoon.

描。因为她有最好的医疗保险，检查项目无需吝惜，能查全查，能做都做。

检查的三小时里，她两次因为低血压进入心慌和眩晕，头脑木讷，交流困难。到中午十二点，所有第一时间的回馈全部证实：患者身体绝对健康，没有任何医学意义上的疾病。

部分激素、生化类报告要等到第二天，但临床诊断学上已经意义不大：患者没病！

症状明显：人要死了，却确实健康。

于是我请她下午来私下找我，因为当时怀疑她有气机病或心理学上的问题。因为生化、物理上都100%排除了任何疾病的可能。

## The Beginning

She was punctual as usual but looked worse than she did in the morning.

She asked to lie down as soon as she came, and her blood pressure was only 90/60. I immediately treated her with moxibustion and energy induction. Half an hour later, her blood pressure was back up to 135/85 and she felt much better. We started to talk about the onset and development of her symptoms.

She recalled that the symptoms started last Friday. It was 10 a.m. She remembered it clearly because she had set her alarm clock to remind herself to make an important phone call. Just getting up from her office chair she felt intense dizziness, followed by an outbreak of panic.

At that time, she thought it was because she stood up too fast, and did not care. But the symptoms went on like this every day without

## 开始

她还是一如既往地准时，但面色比上午更糟糕了一些。

她一来就要求躺下，血压现时只有90/60，我为她马上做了艾灸和能量导入。半小时后，血压回升到135/85，她舒服了许多。我们开始谈论她症状的起始和经过。

她回忆说，症状是上周五开始发作的。当时是早十点，她记得清楚，因为自己上了闹钟，提醒自己要打一个重要的电话。刚从办公椅上站起就伴随着剧烈的头晕，随后爆发恐慌。

any relief.

Afterwards, she thought that she might be tired from an exhibition the other day or she was angry with her peers over some minor issues at the exhibition, and that she would be fine after taking a weekend off. However, even after a week had passed, the symptoms came back every day on time, starting and ending at the same time; therefore, she couldn't go to work to run the company at all.

I asked her, "What medications are you taking? What food are you eating? Have you ever been exposed to drugs?"

She said, "No, certainly not, not even drinking."

A blood test confirmed this.

I asked: "Have you ever been exposed to some kind of psychological suggestion or self-suggestion?"

当时以为是站猛了，也没有在意。可是一天都持续如此，没能缓解。

之后自己想，可能是前几天办展会时累到了，或在展会上和同行因为一些小事有所争执气到了，反正周末休息一下就会好的。结果一周过去了，每天准时发作、准时结束，根本无法上班经营公司运作。

我问她：“你可吃什么药物了？或在吃什么食谱？有没有接触毒品？”

她都说：“没有，肯定没有，连饮酒都没有。”

这一点血检确实已经证实。

我又问：“有没有接触过某种心理暗示或自

The patient confirmed, “No."

Just then, the patient began to feel dizzy and fatigue again, and her blood pressure dropped to 90/60 again.

I treated her using the same techniques again. I filled her up with energy induction, but like a pool with holes, her energy was drained very fast within two hours. During that period, I also tried several psychological techniques and did not find any psychological suggestion or self-suggestion that could trigger these symptoms.

I then switched to a standard traditional Chinese medicine approach to diagnose her: her pulse was dangling, sunken and weak; the coating on her tongue was thin and white, her face looked pale; but her six meridians were smooth. After subsidizing energy to her Baihui, Guanyuan, Mingmen, and Laogong acupoints, the patient's six meridians went back to normal, but it would only last half an hour at most before the symptoms returned.

我暗示？”

患者也肯定地说：“没有。”

刚说到这里，患者又开始头晕乏力，血压再次下降到90/60。

我又如前法救助。但两小时内，犹如漏了的池子，装满就漏空。其间我尝试了几种心理学技巧，没有发现任何心理上的暗示与自我暗示可导致这个症状的发生。

转而使用标准中医的思路诊断：脉若悬丝，沉而无力；舌苔薄白，面色灰白；但六脉通顺。在补助百会、关元、命门、劳宫能量后，患者六脉犹如常人，但最多可以持续半小时就又发作。

The patient arrived at three o'clock, and two hours later it was already five o'clock in the afternoon when all the symptoms suddenly disappeared: the pulse strength was restored, the blood pressure was normal, and color returned to her face. The external aura of her body was fully opened just like an ordinary person, without any sickness at all.

I was completely bewildered. No conceivable medical, psychological, spiritual, traditional Chinese medicine, or western medicine knowledge could provide a reasonable explanation.

To give myself some time to think it through, I made an appointment for her to come back for a follow-up at 4 p.m. the next day.

Thinking about this case over and over for the whole night, I still had no clue.

The next day, the biochemical report and CT scan came back

患者三点到来，两小时后已经下午五点，所有症状突然消失：脉搏力度恢复，血压正常，脸色也红润了上来。人体外在气场全开，犹如常人，丝毫没了病态。

我彻底懵了。所有能想到的，医学的、心理学的、灵学的、中医的、西医的知识都无法给出一个合理的解释。

为了给自己思考的时间，我预约她第二天下午四点过来复诊。

一宿反复思考，毫无头绪。

生化报告、断层扫描的诊断都回来了，毫无问题。活见鬼了。

showing she had no problems.

But…

Seeing Her Again

At four o'clock, she was still on time, but was pushed in by her husband in a wheelchair.

Blood pressure 85/55, She had communication difficulties, and looked very numb. The patient's husband said that everything was normal when his wife got home yesterday: she made dinner in the evening and sent the kids to school this morning without problems. The onset came again at ten o'clock and she had been like this since. He asked me if I had any clues from yesterday's examination and how to treat her.

I still didn’t have a clue!

I turned my attention away from the patient and looked around, not

可是……

再会

四点钟，她还是那么准时，只是坐着轮椅被丈夫推进来的。

血压85/55，交流困难，人很木讷。患者丈夫说，昨天妻子回家后，一切都很好，晚上还做了晚餐。今天早上送孩子上学，都没有问题。十点再次发病，一直到现在都是这样。问我昨天的检查有什么头绪，要如何治疗。

我也是没有一个头绪呢！

我把注意力从患者身上挪开，环顾四周，找

finding any other spirits, not even her own guardian spirit! The patient's aura was scattered, gray and sticky. There was a faint thin line coming out from her back, very vague, really strange.

I tried to inject her with energy just like yesterday, but the energy kept flowing away through the thin line, like a siphon.

This is the reason!

I protected her with my golden light of consciousness, and then cut off the thin line.

At five o'clock in the afternoon, the patient recovered again.

I didn't know if it was because I solved the problem, or because it was the time for her symptoms to end automatically. I made an appointment to see her again.

### Follow-up

The patient didn’t return for half a month and I could not reach her

不到其它灵体，就连她自己的守护也没有！患者灵光涣散，灰色粘滞。身后有一隐约细线从背心膏肓拉出，若有若无，很是古怪。

我尝试又如昨天给她灌输能量，只见能量从那细线不断流逝，犹如虹吸。

原来古怪在这里啊！

我用意念金光护住她，再切断那游丝。

时间到了下午五点，患者又恢复了。

我不知道是我得手，还是时间到了，只好继续约其再会。

### 后续

接连半个月，患者没有再来。电话也不通，

by phone either, so I was very worried about her and wondered how she was. I ran into her at the supermarket one day and asked about her condition. She said that she got well for three days after she saw me that day, but three days later she had another attack, and it continued. Knowing that I had tried my best, she didn't blame me and went to get help from someone else.

After using some secret counter back method (the patient was reluctant to say more), her strange disease was cured but she worried that it would happen again, so she hid.

The day before yesterday she just learned that the owner of a competing factory was sent to hospital because of the same symptoms, and a middle-aged woman was also sent to the hospital. The two fell ill at the same time, and the symptoms were so strange that there was nothing the hospital could do. The middle-aged woman's symptoms were particularly severe; she had fallen into a

很是担心，也很好奇。一日在超市与她巧遇，问起情况。她说，那日后，自己好了三天。但三天后再次发作，持续不断。知道我已尽力，也不怪我，去找了别人帮忙。

使用了某种反噬秘法（患者不愿多说），之后自己的怪病就痊愈了。但担心再发，就躲了起来。

前天得知：竞争工厂的厂长，因为同样的症状被送医，同时送医的还有一名中年女性。俩人同时发病，症状古怪，医院毫无办法。那个中年女性症状尤其严重，已经陷入重度昏迷，无法自主呼吸……自己才从防御法阵房间走出来，正常生活。

severe coma and couldn't breathe on her own. After learning this, my client came out of her energy defense ring and went back to live a normal life.

In the following years, the patient was all normal, and similar symptoms or events never occurred again.

I learned through friends that the two patients with the strange disease did not receive any medical diagnosis in the end, and their cases were classified as rare hysteria. The middle-aged woman died a week later. The owner of the competing factory was admitted to a psychiatric hospital for long-term "treatment", and his wife later sold the factory because of the continuous downturn

之后的几年里，患者一切正常，没有再发生过类似症状与事件。

通过朋友得知，那两个怪病的患者最终也没有得到任何医学上的诊断，被定性为罕见癔症。中年女性一周后死亡。竞争工厂的厂长因为持续低迷，后来厂子被妻子出售，自己住进精神病医院，接受长期“治疗”。

## Case 5: The Kindness Deep Within

Prologue

This case took place shortly after the outbreak of COVID-19 in Europe.

When the borders of each country were closed, the prevention work for Covid-19 in each city started intensively. The Department of Health in our city entered a state of intense alert.

I have been notified that private medical institutions should not accept patients' appointments unless necessary.

I informed all patients who had appointments that for the following week all appointments were canceled until a new notice from the Department of Health.

At 5 pm on Friday, we were doing the final cleaning for a "long"

## （五）无法面对善良

前言

这件事就发生在新冠在欧洲爆发后不久。

当各国的边境各自封闭后，每个城市的防疫工作紧张地开启，市卫生局进入紧张的戒备状态。

我接到通知：私人医疗机构非必要，暂停接受患者预约。

我通知了所有预约的患者：下周的诊疗全部撤销，直到获得卫生局的新通知。

周五下午五点，我们做着最后的打扫工作，准备迎接“长期”的休假。

一个中年男子走进了诊所。

vacation. A middle-aged man walked into the clinic.

The man said: "I feel terrible, but they all say I'm not sick. Please help me!” It’s rare to see a patient barge in without an appointment, and such a person would basically be turned away unless it’s a really serious and unexpected problem. Besides, we were all well into the closing and cleaning stage when he came in, which made me a little irritated.

I said, "It is Friday, we've ended our service, and we'll take a long break from tomorrow. Can you leave a phone number?  We will inform you of the time you can make an appointment in the future."

The man said, "I'm very sorry for barging in without an appointment, but I didn't expect it to be so serious. All the physical check-ups showed that I ‘m healthy and I have to work, but I just couldn't work. This is so disturbing. They say you are the best. Please help me."

中年男子说：“我感觉很糟糕，但他们都说我没病，帮帮我吧！”

很少有没有预约就硬闯的患者，这样的人基本上会被拒绝，除非真的是非常严重的突发问题。而且我们都已经进入收尾打扫的阶段，这时他进来让我有些气恼。

我说：“今天是周五，我们已经结束服务了，而明天将开始长期的休假。你是否可以留下电话？今后我们会通知你可以预约的时间。”

男子说：“非常抱歉没有预约。我也没有想到会如此地严重。我无法正常地工作，而所有的检查都证明我是健康的，必须工作。我很困扰。都说你是最好的，请你帮助我。”

说着摘下了墨镜和口罩。

Then he took off his sunglasses and mask.

I hesitated for a moment and said, "Well, please. I'll do my best to see what I can do. Hopefully, it will help."

Facing His Problem

The patient followed me into the consulting room and closed the door. I glanced at the time subconsciously; it was 5:10 pm.

"Please sit down. What's disturbing you, my lord?" (He is the head of the city's Department of Health). He smiled coyly and said, "Please treat me as an ordinary patient so that you and I can both be more comfortable."

His gaze was dull, and his movement was slow. His breath was weak, and his energy field felt stagnant. I realized something was seriously wrong with him: it must be a medical problem, or he wouldn't have come to me. But this also must be very complicated -

我犹豫了一下，说："好吧，请。我尽力看看能做些什么。希望能有所帮助。"

面对

患者跟随我走入问诊室，关上房间的门。我下意识地看了一眼时间：5:10。

"请坐吧。是什么在困扰着你，我的局长大人？"（来人是我市卫生局的局长）

他有些腼腆地一笑："请把我看作一个普通的患者，这样你我都能舒服一些。"

他目光呆滞，举止缓慢，气息很弱，能量场也很凝滞的感觉。

我意识到出了什么比较严重的问题：肯定是医学问题，不然不会来找我。但一定很麻烦——全市的医学专家都乐于给他尽力帮忙

as the whole city's medical experts would be happy to give him the best help they could. But he came to me at this hour in a very low profile without an appointment, it must be something very tricky.

My first thought was: did he have Covid? He dared not to tell anyone, and there was no effective medicine, so he came to me?

After all, the pandemic has just stabilized a bit in China, but I don't have any medicine either! Not to mention that I don't even have any epidemic level of medical protection .....Oh my goodness.

He saw my suspicion, without being reserved, he said directly, "I don't have a cold or fever. Don't be afraid. However, I've been feeling very stressed for the past two days and showed unnecessary fears and flinch for current situation. Such feelings were so strong that I couldn't even participate in my work.

You know, this is a critical and special time, and my hesitation and boggle will upset many people. Please help me. All medical tests,

的，而他在这个时间没有打招呼就很低调来找我，一定有什么大猫腻。

第一反应是：哥们儿不会是被感染了吧？不敢说。也没有特效药，来找我问问？毕竟中国刚消停一些。我也没有药啊！更何况我都没有防疫级别的医疗防护……要死了，要死了。

他看出了我的狐疑，倒也没有矜持，直接说："我没有感冒，也没发烧。你别怕。只是这两天感觉压力很大，并且表现出与时机情况不相符的恐惧与畏缩感。这样的感觉如此地强烈，导致我甚至无法参与工作。你知道现在是关键的特殊时期，我的迟疑与退缩会给很多人带来困扰。请帮助我，所有的医学检测包括心理疏导都无法给我帮助。我需要一

including psychological counseling, couldn't help me. I need some professional medical help that goes beyond medicine."

I smiled bitterly and thought to myself:  I won’t get any credit for solving a hassle like this. Not to say if I fail to solve this it won’t do any good to my reputation. Besides, this case won’t bring me much profit. What a sticky business! It’s also hard to refuse him.

Exploring

"Ok. Please tell me, what happened? Tell me as specific as possible."

He adjusted his sitting posture, became somewhat serious, and said, "You must be aware of the recent social situation. I was ordered to organize the fight against the epidemic. But I suddenly felt an inner panic, followed by severe heart palpitations, dizziness, and weakness.

些超出医学范畴的专业医学帮助。”

我苦笑着，心想：如此麻烦的事，做好了，不能说；做不好，那就不好说了。还没有油水赚，真是个苦差事啊！看来还推脱不了。

探索

“好吧。请告诉我，到底发生了什么？越具体越好。”

他调整了一下坐姿，变得有些严肃，说道：“最近的社会局势你也一定都清楚，我受命组织抗疫，但突然感受到内在的惶恐，然后就是严重的心悸、头晕、虚弱感。我甚至不能在办公大楼里待着，那感觉就犹如无比凝重的铅块压迫、鱼在没有氧气的水中窒息地游移。直到我冲到大街上，那些感受才慢慢

I can't even stay in the office building. It feels like an overwhelming weight of lead pressing down on me, a fish suffocating in water without oxygen. Those feelings slowly subsided until I rushed to the street, but I couldn't go back to the office building and could not walk through that door.

I don't know what's wrong with me, what am I afraid of? I've searched all the rational logic and checked my body, but I couldn't find any understandable reason. I will preside over the most important meeting tomorrow, but I'm sure I wouldn't have the courage to go near there. Please help me. Please help me. "

I pondered his issue: the sudden epidemic and significant responsibilities was the trigger. There were no physical or psychological problems so the responsibility factor has been ruled out. The office has no chemical or drugs to affect his emotional activities. Otherwise, the blood test would have detected it earlier.

消退，但我无法返回办公大楼，无法走进那门。

我不知道我怎么了，我在恐惧什么？我搜索了所有理性的逻辑，检查了身体，找不出任何可以理解的原因。

明天我要主持最重要的会议，但我肯定我无法有勇气靠近那里。请帮助我，请帮助我。”

我思索着他的问题：突发的疫情和重大的责任是导火索，身体、心理没有问题，那责任感的因素已经被排除；办公室里也没有什么化学气息或什么药物影响其情志活动，不然血检早就能够探知；只有大疫情一条线索，但这些年里没有过这样的疫情啊，没有可能在心理上形成过巨大的精神冲击让其选择

Now, there is only one clue - the big epidemic, but there has been no such epidemic these years to form a previous huge mental impact on him psychologically that made him suffocated and wanted to escape.

It must relate to some memory -- what is that? Maybe all the answers are in his memory. Made up my mind, I said, "Let's try hypnosis to find the answer. Maybe we can get something from it."

"Three hours ago, such an attempt had been used with no results at all; it even traced back to my infant memory," he said.

I said, "That's great. It saves me a lot of time, but I'm going to go further."

"If you insist and believe it's necessary, well, I agree. You are my last hope," he said.

I said, "Ok, please lie down and relax. I'll take you out of here and

逃避、感受窒息。

这肯定与某种记忆有关——和什么有关联呢？或许一切的答案都在记忆里。

想好了思路，我说：“我们来使用催眠，来尝试找到问题的答案，或许可以有所收获。”

他说：“三小时前，这样的尝试已经被使用，结果一无所获，甚至已经追溯到了我的婴儿期记忆。”

我说：“那太好了，这帮助我节省了大量的时间。我要走得更远。”

他说：“如果你坚持并认为这必要，好吧，我同意。你是我最后的希望。”

我说：“好吧，请躺下，放松。我将带你离

find the answer to your question."

Root Cause

(For the convenience of presentation, D (doctor) and P (patient) are used as the subject and object below.)

Half an hour later, the patient was in a deep hypnotic state—

P: I am in the office now. I feel breathless, panic and hopeless...and other emotions...I feel everyone in this building died one by one because of me. I killed them!

I worry this might be a hunch - because of my leadership, everyone in this building and in this city will die. I can't bear the guilt!

D: You are safe now. Time has been suspended at this moment,

开这里，找到问题的答案。”

根源所在

（为方便陈述，下面用“医”“患”作为主客体。）

半小时后，在深沉的催眠状态中的患者——

患：我在办公室了。我感觉无法呼吸，恐慌和绝望的无助感……还掺杂着其它什么情绪……我觉得一楼的人都先后死去了，因为我。我害死了他们！

我担心这是一个预感——因为我的领导，这个城市这个楼宇的人都会死去。我无法承受如此大的罪疚感！

医：你现在很安全。时间已经被暂停在这一瞬间，任何的实质伤害都不会发生。请关注

and nothing can really harm you. Concentrate on this feeling in you, observe it, and find out the time when the most similar feeling to this one happened. I will count to 5, and you will enter the time and space where the feeling existed, see exactly what happened there, and describe it to me loud and clear.

You can always hear my voice guiding you in your mind. You are safe. Remember, nothing can hurt you. Don't be afraid.

5, 4, 3, 2, 1.

Tell me where you are. What are you seeing? Look under your feet and around you.

P: It's a medieval village... I'm in my room... I'm an old woman who lives alone.

在你的这种感觉里，观察它，并寻找出与这个感觉最雷同的感觉发生在什么时候。

我数到5，你将进入到那个感受存在过的时空中，清晰地看到那里发生过的一切，并大声清楚地描述给我听。

你可以始终听到我的声音在你的脑海里引导着你。你是安全的。记住，什么也不能伤害到你，不要畏惧。

5、4、3、2、1。

告诉我你在哪里，看到了什么，看看你的脚下和四周。

患：这是一个中世纪的农村……我在自己的房间里……我是一个年迈的独居老太婆。

D: What are you doing there? Do you know where you are?

P: I am in my home; I live on the edge of the village... People don't like me but depend on me; they are conflicted...

The priest said I am a witch. Luckily, they didn't try to burn me, perhaps because I am the only one here who knows about herbs. Thanks to my mother who taught me the way to live in harmony with nature.

...I am in a town on the border between the Roman Empire and Poland...I am a disliked Jew. No one wants to love me because of my father's surname. My mom was dead.

D: It seems that you are a village doctor with knowledge.

P: I am much better than most of the villagers. I can read the priest's books and understand most of the vocabulary. He comes to me

医：你在那里做什么？你知道你在哪里吗？

患：我在自己的家里，我住在村子的边上……人们不喜欢我又依赖我，他们很矛盾……

神父说我是巫婆，好在他们没有想要烧死我，或许是因为我是这里唯一一个懂得草药的人。感谢我的妈妈，她教会了我如何与自然相处的道理。

……我在罗马帝国与波兰的边境小镇上……我是一个不被喜欢的犹太人。因为我的父亲留下的姓氏，没有人愿意爱我。妈妈已经死了。

医：看来你是有文化的村医。

患：我比多数的村民好很多，神父的书我可

often. He taught me a lot when I was young. But now he fears me because my words often bring disaster.

D: Tell me what year you are in now.

P: In the spring of 12345, the Pope was Pope Clement VI. (Later found to be February 1345.)

I dreamed of a large rat running up on the Pope's table. It was so filthy that it was smeared with food. The people at the long table fell on the floor one by one, and the Pope was forced to leave the table. Many people were at the intersection of death, cursing the year that the rat brought death and filth everywhere.

I told my dream to the priest. But he said, if I say that again, my tongue would be cut off by the Holy See and be burned to death.

D: Then what?

以看懂，我认得多数的词汇。他经常来我这里。在我年轻的时候，他教会了我很多东西。但他恐惧我，因为我的话语经常会带来灾祸。

医：告诉我，你现在是什么年代。

患：12345年春天，教皇是教皇克莱门特六世。（后来发现是1345年2月）

我梦到一只大老鼠窜上了教皇的桌子，它污秽不堪，抖落的泥点沾满了食物。那长桌上吃饭的人纷纷倒下，教皇被迫离开了餐桌。很多人拥挤在死亡的路口，咒骂着老鼠的年份让死亡和污秽横行。

我把梦告诉了神父。但他说，我要是再诅咒，就要被教廷割去舌头后烧死。

P: My dreams come true every time, but I never know when they will happen. What is the year of rats confuses me most.

I tried to warn the villagers, but they all said I’m voodoo. All I get are sticks and stones thrown at me every time I warn them to avoid disaster. They only treat me well when they're sick. After they recovered, they stayed away from me again.

D: You are a kind person. Tell me what happened after that.

P: Winter, spring, and winter again. Nothing happened.

D: It seems that you are overthinking.

P: In the summer of 1348, I was looking for herbs in the woods at the village entrance. I was old, and I couldn't go far.

I met a sick young man at the intersection. He was very ill. He begged me to help him., and he was going to Poland. But the town's

医：后来呢？

患：我每次的梦都会实现，只是我不知道什么时候发生。什么叫老鼠的年份更让我疑惑。

我想警告村民，但是他们都说我的嘴巴巫毒。每次警告他们躲避灾祸，得到的都是石块和口水。他们只有生病了才会给我些好处，然后就又躲得远远的。

医：你是个善良的人，告诉我之后发生了什么。

患：冬天，春天，又冬天，什么都没有发生。

医：看来是你多虑了。

患：1348年的夏天，我在村口的树林里找草

gate over there was closed, and they shot arrows at him in the leg. He was too heavy, so I had to go back to the village and called two men to help carry him back to my cabin.

D: Can you treat injury?

P: Yes, years of war taught my mother how to treat trauma, and so did I. People got injured easily when doing farm work.

However, he didn't get better. He started to have a fever, and black blood was bleeding under his skin. I have never seen such a severe arrow wound. In the end, he died. Villagers abandoned him in the woods, and no one paid to bury a stranger. I also borrowed a lot of food for him.

D: You are a good person; you tried your best. Maybe he was infected.

药。我老了，走不远了。

我在路口遇到了一个生病的年轻人，他病得很重。他求我帮助他活下去，他要去波兰。但那边的镇子关闭了大门，还射箭伤了他的腿。他太重了，我只好回村，请两个男人来帮忙抬回了我的木屋。

医：你会治疗外伤？

患：是的，多年的战争教会了我母亲处理外伤的方法，我也学会了这些。人们干农活很容易受伤的。

可是他没能好起来，他开始发热，皮肤下在出黑血。我没有见过如此重的箭伤。最后他还是死了。村民把他遗弃在树林里，没有人出钱埋葬一个外乡人。为了他我还借了许多

P: I am a sinner; I am guilty! (He started crying in an old woman's voice.)

D: What's the matter?

P: People died one after another in the village, all got the symptoms of fever and subcutaneous bleeding. There were people died in every family. My herbs had no effect. They wanted to go to the doctors in the town. But the town closed its gate and shot arrows when people approached. It’s said that there was also a disease spreading there.

Everyone panicked and fled into the woods with families, not daring to come back. If a whole family died, no one would bury them. They were burned together with the house.

Everyone said that it was because I brought the young stranger back to the village led to all the death and suffering. The priest also

吃的东西。唉！

医：你是个好人，你尽力了，或许他感染了。

患：我是个罪人，我有罪啊！（开始用老女人的声音痛哭。）

医：怎么了？

患：村落开始陆续地死人，都是发热和皮下出血。每个家庭都在死人。我的草药毫无效果。他们想要去找镇上的医者。但镇子关闭了大门，靠近就射箭。说那里也有疾病在蔓延。

大家开始恐惧，带着家人往树林里逃，不敢回来。全家都死了的没人去掩埋，和房子一起烧掉。

大家都说是我把那个年轻外乡人带回来的，

told people the prophecy I told him three years ago and said that I am a vicious witch.

They were going to kill me to quell the wrath of God because I cursed the Holy See.

D: Don't be afraid; no one can hurt you. You are just a bystander in your body. What happened? Tell me.

P: I ran away and gave up everything. I walked seven days in the woods and trails. I entered a small town in Poland, begging for food, and died on the street three years later.

D: Ok, now I know everything. Please go back to the year 1345 again, the first day after your dream.

P: ... I am on this day again.

D: Perfect. Please pack your things and leave today. Take the main

带来了死亡和苦难。神父还告诉了大家我三年前告诉他的预言，说我是一个恶毒的巫婆。

他们要杀死我，平息上帝的怒火，因为我诅咒了教廷。

医：你不用害怕，没有人能伤害你，你只是躯体内的旁观者。发生了什么？告诉我。

患：我逃跑了，放弃了一切。我走了七天，在密林和小道上。我进入了波兰的小镇，乞讨食物，并在三年后死在街头。

医：好的，我已经知道了一切。请你再一次回到1345年，做梦后的第一天。

患：……我又一次已经在这一天了。

医：非常好，请你收拾好你的东西，今天就

road to Poland.

出发，走大道去波兰。

P: I can't "convince" this body.

患：我“说服”不了这个身子。

D: Repeatedly put this idea into her head every day when she is in a daze.

医：每天重复地在她发呆的时候，把这个想法塞进她的脑海。

P: ...I think I did it. She is packing up and ready to go.

患：……我想我做到了，她在整理行李准备上路了。

D: What time is it now?

医：现在是什么时间？

P: 1346 Summer.

患：1346年夏天。

D: After arriving in Poland, ask to see the lord there and tell him that he will get a son the next year. If it came true, ask him to bless you and grant you asylum.

医：到了波兰后，去求见那里的领主，告诉他，第二年他会生下一个儿子，如果应验了，请他赐福给你庇护。

P: It's 1347. He got a son and granted me asylum. The lord believes that I am the voice of an angel.

患：1347年了，他得到了儿子，我得到了庇护。领主相信我是天使的代言。

D: Remember, only convey good prophecies, and do not warn the world of disaster. But you have to tell the lord to close the border after this winter and shoot arrows at everyone who wants to get near without exceptions so that God will bless Poland.

P: Ok...I think he starts to fear my abilities.

D: Please come to 1352 and have a look. Are you still alive?

P: Because of my prophecy, Poland wasn't attacked by death and was the only safe place in Europe. I was invited to live in the church, and people said I am the spokesman of the Virgin Mary. I live very well.

D: You can wake up now. Remember, you saved Poland. 5, 4, 3, 2, 1...

医：记住只说好的预言，而不要警告世人灾祸。但你要告诉领主，今年冬天过后要封闭边境，对所有想要靠近的人射箭，没有例外。这样上帝才会庇佑波兰。

患：好的.....我想他开始畏惧我的能力了。

医：请来到1352年看看，你还活着吗？

患：波兰因为我的预言，没有被死神侵害，是欧洲唯一安全的地方。我被请到教堂居住，人们说我是圣母玛利亚的代言人。我活得很好。

医：你可以醒来了。记住，你拯救了波兰。5、4、3、2、1.....

## Epilogue

It was 7:40 pm when the treatment ended.

The effect was immediate: he could work without difficulties the next day. Additionally, he invited me to record a TV show promoting the successful prevention experience for epidemic in China.

Meanwhile, certain events in history have been truly rewritten.

## 后记

结束治疗已经是晚上七点四十分。

效果是立竿见影的：第二天他没有任何问题地可以展开工作，并邀请我录制了一期电视节目，宣传中国成功的防疫经验。而历史上的某些事情也因此被真实地改写了。

## Case 6: Shared Injuries

Prologue

This incident occurred on a Wednesday shortly after my 32nd birthday while I was working. I suddenly felt a sharp pain in my lower right abdomen that ran up my back. The pain left me unable to stand up or walk, and I started sweating bullets. This all happened so suddenly that my reaction startled my patient.

My patient helped me lie down on the examination table. The intensity of the pain made me curl up like a baby. Based on my

## （六）共通的伤害

前言

事情发生在我自己32岁生日过后不久。

记得那天是周三，我在上班，突然右侧下腹部感觉剧痛，疼痛贯穿到后背，导致无法站起来，无法行走，汗珠子直接因疼痛就滴答落下。

一切都来得如此突然，把面前的患者都吓到

medical training, my first thought was that it might be acute appendicitis or some type of intestinal obstruction. As my patient rushed out of the room to get help, I passed out.

Inducement

I woke up when the sun was just setting and realized I was now in an emergency ward and had been placed on an IV drip. My nurse saw me awaken and called out for my doctor right away. The pain was still noticeable, but mostly superficial. I checked my belly, thinking that I might have a cut where they took out my appendix, but saw nothing.

My attending physician, who was a longtime friend of mine, came to my bedside with a very serious look on his face, holding a thick stack of reports. I had thought that my condition was not too serious, but his expression made me wonder how bad it really was.

I thoroughly scanned my entire body but couldn't find any major

了。患者把我扶到诊疗床上，疼痛让我弓成了个大虾米。自身医学素养的第一直觉是急性阑尾炎、肠梗阻。

患者赶紧跑出去喊我的同事。之后我就昏迷了过去。

诱因

醒来的时候太阳已经落西，我在急诊病房里打着静滴。

护士看我醒了，马上叫来了急诊主治医。我的疼痛还是很明显，但主要集中在表皮。我看看肚皮，以为他们给我切了阑尾，结果没有。

主治医是多年的好友，拿着半本书厚的检查单来到床头，表情凝重。他的表情把我吓了

problems. He hesitated and seemed as if he didn’t know where to start. So, I grabbed the stack of medical reports from him.

My quick review showed that various departments had been working hard over the past few hours trying to find an answer for my condition. They had clearly investigated all medical possibilities, checked my bones, muscles, internal organs, blood, and reproductive system, and checked for signs of gallbladder or kidney stones, tumors, cancer, and even poisoning. Everything in these reports indicated I was in perfect health.

My doctor seemed relieved to see that I was reading the reports myself. He took a small step backward, perhaps subconsciously, like a student trying to stay out of their professor’s field of vision so they would not get called on to answer questions.

After reading through the reports, I understood his hesitation, so I didn't ask him any questions. I urged him to attend to his emergency

一跳——

不是吧，多大的事情啊，能把他难为成这样？看着他，我也心里打鼓了。

反观内照了一下自己：没发现有什么大毛病啊！

他好像不知道从何说起，正自犹豫。我直接拿过了他手里那厚厚的检查报告单。

看得出各科室这几个小时真的很出力地在合作，试图找寻到问题的答案：骨骼、肌肉、内脏、血液、生殖系统、胆肾结石、肿瘤癌变、中毒，一个医生能想到的所有可能他们轮番查了一遍。完全健康。

主治医看我拿过了报告自己阅读，如释重负，下意识地往后退了一小步，就像课堂上

room patients while I further reviewed my situation. I felt okay, so I just wanted to have some quiet time to myself.

He clearly had something he wanted to say, but in the end, he walked away without another word. I wondered what he could really say to make the situation better. I didn't need comfort, but rather an answer–which he didn't have.

Confusion

As I laid back down to think this situation over, I reviewed my routine over the past few days. I recalled my recent diet, my medications, all of the people I had had contact with, and my physical and psychological experiences.

I did not find any hints; everything seemed normal. Looking at the IV attached to my arm, I realized that they hadn't even given me painkillers. It seemed like my condition was indeed very hard for them to understand. My nurse brought some anti-anxiety

怕被教授看到后提问的学生一般。

看完报告，我心里知道了他的为难，也没有问他什么，叫他去照顾急诊。我自己想静静，感觉已经没有什么大事了。

他好像想要说些什么，但最后还是扭头走了。说什么呢，能说什么呢，我需要的不是安慰，而答案他也没有。

困惑

我躺下，回想了上午和这几天的情况：饮食、药物、接触的人、自己的身体与心理历程。

一点有用的信息都没有找到。

我看了眼床边的点滴，看来连止痛药都没有给我用。这帮家伙果真是感到无从下手。

medication, and I didn't question it. I needed a good sleep first, so I settled down for a quiet night.

When I woke up early the next morning, I felt that what had happened yesterday was like a dream. What exactly had I experienced? At this point, I had no idea and didn't care enough to spend more time trying to figure it out. After all, it was over, so I washed up and prepared myself to go to work. As I sat down in my office, everyone expressed their concern for my condition. I thanked them all and told them that I felt fine, my pain was gone.

After a fairly uneventful week, I was suddenly struck by the pain again, just like last time. Beads of sweat began to form on my forehead immediately.

This time, I sat down and immediately started analyzing my body and tried to observe what was going on diligently. Since I wasn’t exercising and instead calmly working in my office, I could safely

护士送来了缓解焦虑的药片，我也没有质疑，先睡一觉再说吧！

静夜无语。

第二天清晨醒来，一切犹如一梦。昨天到底经历了什么？不知道。懒得去想，反正过去了。洗漱，准备上班。

坐回办公室，大家都很关切我的身体。我一一答谢，说已然无恙。自己确实也不再感觉疼痛。

如此平静了一周，打击再次来临：如出一辙，豆大汗滴立刻出现在额头。

有了上次的经验，我盘坐下来，用意识反复扫描自己的身体，检查到底发生了什么——

因为就在办公室，没有运动，不可能是肌肉

rule out any muscle, tendon, or emotional stress. I also appraised my organs, and they appeared to be in good condition.

My symptoms appeared inconsistent with lymphatic or blood vessel blockage issues. My internal nutritive and external defensive Qi were smooth; there were no energy spirals, and no "external spirit" invasion was perceived. I had no idea what was causing my pain, but it returned every week for a month, as punctual as a clock. The ridiculousness of this situation, given my seemingly normal condition, intrigued me.

Causes and Consequences

The next Wednesday, I took some time off from work and stayed at home. After lunch, I knew that it was about time for the pain to strike. I sat down with my legs crossed and went into a trance. My consciousness left my body and split into four forces to guard my body from four different directions. I also manifested a golden ball,

或筋腱系统的问题；非常平静的工作状态，没有情绪或能量的冲击；身体器官都检查过了，没有问题；淋巴管堵塞、血管堵塞也和症状不符；内在外在营卫之气平顺，没有气旋形成，也无“外灵”侵害.....

比见鬼还见鬼的症状在持续着，如此地真实又如此地无稽。结果毫无收获、毫无头绪。就这样，一个月里我被骚扰了四个下午，每周一次，比闹钟都准。这倒激起了我的好奇。

因果

又一个周三来临，我请了假在家中。吃过午饭，估摸着时间该发作了。

我盘腿进入出神状态，然后从肉身里走出来，分化成四个自己分守四方；又用意念聚

which exploded into golden powders that floated around me to protect my body.

The preparations were complete, so I waited quietly for time to pass.

Suddenly, the golden powder that was suspended in the air was displaced by some unknown force. A straight, sharp crack in the time-space continuum appeared in front of my body, like a chopstick penetrating a bun.

I halted time at that moment, looked into the crack, and saw a javelin flying towards my body. Based on its trajectory, the javelin would inevitably pierce my lower right abdomen. This was what had been causing my pain for the past month!

I retraced the javelin's trajectory with my consciousness to further investigate the situation. I saw that the person who had thrown the javelin was dressed in armor like a knight, and he was part of a

化成一个金球，随即爆开成为无数金色粉末，飘荡在肉身的四周。

布置妥当，安静等待，分秒滴答。

突然间，空气中悬浮的意识金粉被什么力量位移，肉身前方出现了一个尖锐笔直的时空缝隙，犹如插入馒头的一根筷子。

我立刻让时间静止在那一刻，然后沿着那裂缝的弹道观看过去：我看到了一柄标枪正在飞来，其路径必然洞穿右腹下方——原来是它让我疼了一个月！

我沿着标枪飞行的轨迹，一路用意念探究了过去。投掷它的是一个中世纪的欧洲铁甲骑士，他正和一队骑士发起冲锋。

我把视野放大：那是一场中世纪的战争，铁

charging cavalry.

As I broadened my field of view, I realized this was a medieval battlefield. It appeared as if the cavalry had been ambushed, and the knight had just thrown his javelin at a group of Tartar soldiers not too far away.

This clash had been going on for 3 days, and this particular moment happened on a Wednesday afternoon. The javelin was about to penetrate a Tartar archer's leather armor. This archer, who was another one of my consciousnesses, was focused on aiming and was totally unaware of the incoming attack.

All these things were happening in a single moment of frozen time and space, and I realized that nothing could be changed.

Time started to flow once again.

The archer fell as the javelin penetrated his body. He curled up in

甲骑兵来自守卫方的反击突袭。而那柄标枪，从他手中飞出，投向不远处的鞑靼人步兵群。

双方的冲突已经持续了三天。这一刻发生在周三的下午。

这柄标枪，沿着轨迹，即将贯穿一个鞑靼弓箭手的皮甲。

而这个弓箭手，身体里另一个“我”的意识体正在努力地瞄准着什么，毫无察觉那要命的偷袭正在逼近。

这一切都发生在定格时空中的瞬间。我意识到一切都无法改变。

时间又一次流淌了起来。

弓箭手倒下了——标枪贯穿了他，疼痛让他

pain and beads of sweat formed on his forehead. No one could attend to him in the midst of the fierce battle. Unlike in the movies, there wasn’t blood flowing everywhere. Still, life was withering away quickly and painfully.

His consciousness left his body and looked back at his agonized form lying on the ground. He knew this battle would not stop before dark, and felt it was pointless to continue suffering. Thus, after only another moment’s hesitation, he left in a flash. I was startled and quickly scanned his last thoughts.

He was reminiscing about belatedly celebrating his 32nd birthday with his wife in their yurt last week. His children were playing outside, and his wife was lying in his arms recounting the hardships of trying to catch up with his troops. His troops were moving so fast that the women, children, and livestock couldn’t keep up. They hadn't seen each other in over three weeks.

蜷缩着身体，豆大的汗滴因为疼痛在额头凝聚。没有人能顾及上他，战斗惨厉。

没有电影特效般的血流一地，但生命在痛苦中快速地枯萎流逝。

他的意识体从身体中出来，看着地上痛苦煎熬中的肉体。它知道，在天黑前战斗不会停息，徒劳地在痛苦中延续毫无意义。

我的意识体在一旁看着另一个自己的意识体，它在肉身的上方若有所思，然后义无反顾地瞬移离开了原地。我一怔，赶快用意识扫描那个自我意识刚刚最后的一个念头。

他在想一周前妻子在蒙古包里为自己庆祝32岁迟到的生日：孩子在屋外奔跑着，妻子躺在自己的怀里述说一路赶过来的艰辛。他

He had been fighting with the troops for over a year, and they were deep within Europe. He had seen different landscapes and peoples. For the children of the steppe, “home” was wherever there was smoke in the air and the delicious smell of milk. That day became his most heart-warming memory.

His consciousness followed his memory back to that moment and merged into his physical being. He realized he was not willing to die like this, leaving his beloved wife to become someone's concubine. He thought he could try to be more careful and dodge the javelin this time.

Unescapable

There I stood on the medieval battlefield and watched the “other me" come and fall again and again. Once every Wednesday

们征战的队伍前进太快，后勤的妇孺牲畜走得很慢，夫妻俩有三周没有见到彼此了。

一路打杀已经一年有余，深入欧洲腹地，看到了不同的风景和民族。草原的孩子，没有家的概念，有炊烟的地方便有奶香。那一天成为最温馨的记忆。

他的意识沿着留恋的记忆，回到了那一刻那一夜，并融入了进去——他不甘就这么死去。他不想留下爱妻成为他人的小妾，他觉得自己能躲过那飞来的标枪，他想尝试这次小心一些。

避无可避

我站在那中世纪的战场上，看着那个我一次次地到来，一次次地倒下。每周三下午一次。

afternoon.

The hand of fate is resolute. The warrior's toughness and stubbornness could not change his destiny. He attempted to evade his fate repeatedly, once a week.

I finally understood the reasons for my weekly pains. Each week, the “other me” would die, return to his wife and children, and march out on the battlefield once again.

The next time he fell, I revealed myself and tried to stop my other soul. I told him his repeated struggles were pointless. I told him that life is a drama, and that his wife and children are merely phantoms in his looping memories. I encouraged him to respect his destiny and submit to his fate. I told him he now had the option to choose to move on from this life and leave behind his obsession.

“You are living like a broken record playing the same song over and over again. Your beloved wife and young sons have already passed

命运的闹钟诚不可欺。勇士的彪悍与倔强，无法改变宿命的轨迹，如此持续在反复里，一周一次地轮替。

我终于知道了每周疼痛的原因：他倒下，就回到一周前妻儿的身边，又出征来到了这里。

我只好在他又一次倒下后，显身拦住了那个“我”的灵魂，告诉他这样的挣扎与重复毫无意义。生命只是一场戏剧，而妻儿也都是你周而复始记忆中的幻影。宿命必须被尊重与臣服，而你现在有权选择离开自己的角色与执迷。

你重复在这无尽的时间周期里，犹如卡壳的老唱片无限循环着单曲，你心爱的妻子、惦念的幼子已经随时间远去，而你被自己困在

away, but you have trapped yourself in this endless cycle.”

He looked at me in horror as if he had just seen a ghost. Suddenly, he disappeared and went back into the yurt where he had been the week prior. He hadn’t even listened to me. Maybe he didn't understand, maybe he didn't want to listen, maybe he listened but couldn't comprehend what I was saying. I didn’t know.

He had chosen this experience for himself in order to learn to let go, and his death was a key part of the plan. Thus, his death could not be avoided. In reality, his whole life thus far was merely setting the stage. Rather than being an end, dying would lead him to a new beginning.

Closure

Frustrated, I returned to my body and sorted through this information in my consciousness. I located the Tartar warrior once

了死循环里。

那个我无比惊恐地看着我，就像看见了妖怪一般。然后就又消失在原地，回到了一周前的帐篷里。

我的话语他根本不听。或许听不懂？或许不想听？或许听了根本无法理解？不知道。

那是他选择的体验：他的死是规划中的重要环节，无法变更，必须经历。他的功课就是放下——一生都是铺垫，死亡才是剧本的开启。

了结

我颓然地回到当下，梳理自己的意识信息，找到那个鞑靼战士，然后切割了彼此的感受涟漪。

again and severed our connection.

I didn't know how long he would persist like this. It was an unavoidable test of his spiritual growth. He couldn’t change his destiny, but he could change his attitude and mindset about his experience and choose to surrender and move on.

It turned out I was not a good grim reaper. I didn’t have professional spirit guiding experience either in practice or training, so I was at my wit’s end with stubborn guys.

At the same age and time, I suffered along with him. His persistence only made it worse. Maybe he would come to his senses after eight or ten times–or perhaps he would continue to persist. I had no idea.

Fortunately, the pain has not reoccurred since then. Maybe he gave up his obsession and accepted his death. Or maybe it is because I consciously cut off our connection. Maybe my actions today are

我不知道他还会如此地坚守多久。那是他心智成长中的必经考验。他无法变更宿命，但可以改变面对经历后的态度与认知，选择臣服与前进。

我不是一个好的死神。我没有专业的引导灵练习，对固执的家伙基本没有办法。

我在同样的年纪与时间感受到了他的痛苦，而他的坚持与反复又加重了我的问题。或许他十次八次后能幡然领悟，或许就那样地执着下去，我不知道。

好在那之后，这样的疼痛没有再出现过。或许是他放弃了执着、接受了死亡；或许是我切断了连接、不再感受。

或许我今天的作为，也在影响着某一个时空

now affecting another me in another time and space. Or maybe one day another me will come to me and tell me what to do or not to do. Would I listen to an otherworldly being saying odd things in inexplicable words and then submissively follow their directions? Probably not–I only do what I think is right and stick to my own beliefs.

I now know that wisdom cannot cross a cognitive gap. A simple truth that is common sense to one version of you might be completely nonsensical to another you.

Do you think you could easily convince a 20-year-younger you of your current wisdom and awareness? Would you unconditionally believe an alternate version of you that comes from 20 years in the future?

中的另一个我；或许有一天他也会来到我身旁，对我说要干什么或别干什么。

我会认同和聆听一个发光的怪物说着不知所以的言辞、然后臣服地执行吗？大半不会，我只会做我认为对的事情，坚守自己认知的底线。

所以，智慧无法跨越其认知的鸿沟。一个理所当然的简单道理，对另一个自己就是天方夜谭般地无稽。不说远了，你面对二十年前的自己，有几分把握让他短期内认同你当下的智慧觉知？而你又会多么无条件地信服二十年后的自己？

## Case 7: Mom, Please Don't Go

Foreword

It was late autumn three years ago, ten o'clock on a Saturday morning. I sat in my leather swivel chair reading a magazine, waiting for my visitor.

Saturdays are usually my private time, and I rarely see patients, but today was a special case. It wasn't because the patient was powerful or rich, but out of my own curiosity.

It all started two weeks ago.

A woman in her sixties walked into the clinic. She was a bit chubby, dressed plainly but still clean.

She came to the clinic because she had been experiencing dizziness and palpitations over the last six months. All tests had been taken, but no cause could be found. The symptoms came on

## （七）妈妈，你不要走

前言

三年前的深秋，周六上午十点。我坐在皮转椅上看着杂志，等待我的访客。

周六一般是我的私人时间，很少会接待门诊，但今天是个特例。倒不是因为对方是什么权贵或价格不菲，而是出于我自己的好奇。

事情是从两周前开始的。

一个六十多岁的女人走进诊室，有些发福的身材，穿着朴素但很干净。

她来就诊是因为头晕和心悸持续半年，所有的检查都做了，找不到原因。几乎每天发作，

almost daily, but there was no obvious pattern. These were not related to diet, exercise, body position, medications or anger. The possibility of clinically common diseases, such as cervicogenic blood supply deficiency, heart disease, brain tumor, and low blood pressure was ruled out.

This piqued my interest. Encountering a strange disease is one of the most exciting things in outpatient doctors' daily life, as it gives them the opportunity to sharpen their medical knowledge. I inquired about the entire course of the illness in detail but did not find any useful clues.

At this point, the patient began to experience dizziness, tinnitus, and palpitations again. I connected her to an ECG monitor. Her heartbeats were a bit fast, but still regular and steady. I then connected her to a brain wave monitor on which I saw some unusual pulses in a regular pattern, but that was not what a human

但没有明显规律，与饮食、运动、体位、吃药、生气都没有关系，排除了颈源性供血不足、心脏病、脑瘤、血压低等临床常见病的可能性。

这激发起了我的兴趣。遇到怪病，是门诊医生日常最兴奋的事情，因为能给自己带来提高医学认知水平的机会。

我详细地盘问了整个病程的前因后果，没有找到任何有用的蛛丝马迹。

这时患者又开始头晕、耳鸣、心悸。

我给她连接了心电监测仪：有些快，但规律稳健；连接了脑电波监测仪：看到了一些很不寻常的脉冲波有规律地呈现，但那不是人脑该有的东西。她周围没有手机或其它电子

brain was supposed to do. There were no cell phones or other electronic devices around her.

I turned off the Wi-Fi signal on the wall, but it didn't make any difference. The fluorescent lights in the room began to flicker at the same frequency as her brainwaves.

I turned on the stereo, and as soon as the brainwave pulse frequency appeared, the speakers would make a "hissing" noise.

I concluded that she was not suffering from any disease but was being disturbed by some strong electromagnetic waves which caused her to have these symptoms.

But who would target an ordinary housewife by utilizing weapons-grade ultrasound with such precision? I was less than half a meter away from her, but I didn’t feel anything when I walked back and forth around her. This was too bizarre!

设备。 我把墙上的WiFi信号都关了，还是没有用。

屋里的日光灯开始闪烁，和那边脑波同频。

我打开音乐的音响，那个脑波频率一出现，喇叭就会丝丝拉拉地出现噪音。

我断定她不是什么疾病，而是被什么强电磁波定点干扰了，所以出现了这些症状。

可是一个普通的家庭妇女，谁会动用武器级的超音波定点精准侵袭呢？我离她不到半米，居然来回走动没有感觉到一点。这也太诡异了吧！

于是，我尝试着用我的意识进入她的意识中，感受查看到底发生了什么。结果刚一接触，就被某一种屏蔽场立刻给震了出来，差

So, I tried to use my consciousness to enter hers to experience what was going on. However, as soon as I made contact, I was immediately jolted out by a shielding field and almost hurt myself. Darn! That was too overbearing!

I was about to try again when her symptoms suddenly disappeared. The lights stopped flickering, and the music flowed clearly through the speakers.

I told the patient: “You don’t have to go anywhere else to seek medical treatment. I will take care of you for free. Contact me immediately whenever you feel something’s not right.”

So, she called me this morning at 9 o’clock and told me that the symptoms were about to start as she could feel them brewing. I told her to come to my clinic right away, I would be waiting.

Enigma within an Enigma

点没恍惚了自己。我靠，太霸道了吧！

正想再尝试，她的症状骤然消失了。灯不再闪烁，喇叭里音乐流畅清晰。

我只好跟患者说：“不用再到处求医，你的事我承包了，不要钱。什么时候感觉有异立刻联络我。”

就这样，今天上午九点，她打来电话，说症状又开始了，她能感受到那些症状在酝酿中。

我叫她立刻来我私人诊室，我等着呢。

谜中谜

患者走进房间的时候，穿着很随意的居家服，走路缓慢，需要扶墙，很是痛苦。她说耳鸣非常地严重，就像谁把坏了的老式收音

The patient entered the room wearing casual clothes, walking slowly, holding onto the wall and in pain. She said that her tinnitus was so severe that it was like someone had put a broken old radio in her head, hissing and zapping.

Urban legends about aliens abducting and implanting microchips in humans came to mind. Could it be? That this lady was hacked by some unknown high-tech? However, there was nothing abnormal in the MRI she had a week ago.

I let the patient lie down comfortably on the psychotherapy bed and told her to try to calm down and close her eyes so she could rest. I gently pressed my hands on her temples, pretending to massage her while actually connecting to her body's bioelectric frequency field.

I used a hard connection to breach into her consciousness energy grid and attempted to share internal information. I tried a remote

机放在了脑袋里，唰唰啦啦，滋滋乱响。

我突然想起都市传说外星人绑架人类植入微芯片的故事——不会是大姐被不明高科技了吧？可是一周前的核磁断层没有显影异常啊。

我让患者舒服地躺在心理治疗床上，尽力平静下来，闭上眼睛休息。而我双手轻轻地按住她的两个太阳穴，假装按摩着，接通了她身体的生物电位频率场，用硬连接侵入到她的能量意识网格中，尝试共享内部信息——上次意识隔空连接吃了亏，这次学乖了。

我开始调整自己的频率，伪装成与其一样的频率，混入她的潜意识流中，寻找观察到底那神奇的脑波是如何从哪个意识层面、哪个能量维度过来的。那波频太过规律，绝非自

connection last time and suffered, so I learned my lesson.

I began to tune my frequency so my frequency could disguise as hers and blend into her subconscious flow, trying to find out from which conscious level and which energy dimension that special brainwave came. Its frequency was too regular to be natural.

It didn't take long before I was able to clone all her perceptions and feelings, search through all her memories and find out where she came from and her soul plan prior to birth.

Her feelings were no different from her complaints: dizziness, ringing in the ears, palpitations and something tolling inside her like a bell. As for her pre-birth soul plan, there was no plan to be sick at this time so she could experience being cared for or weakness.

Well, there had to be something wrong, a very precise external force targeted and interfered with her, and this interference was

然的东西。

很快，我就可以全然地克隆镜像她的所有感知与感受，搜索其所有的记忆，查看她的出处和灵魂出生前的计划。

她的感受和患者叙述的没有两样：晕、耳鸣、心悸，被什么东西像敲钟一样地共振着。而她的出生前计划里，根本就没有安排过自己在这个年代生病、体验什么被照顾或体验虚弱的经历。

好吧，一定是哪里出了问题，有极其精准的外力在靶向性地干扰她，而且这个干扰是有目的性的和强力的。

我敢肯定，这样频率的攻击，会最终熔毁她的大脑，造成脑出血而死亡。这只是时间问

purposeful and powerful.

I was certain that such a frequency of attacks would eventually melt her brain, causing a brain hemorrhage and death. It was only a matter of time. But why? Who initiated it, and where did it come from?

Thinking of this, I began to pay attention to the direction of the formation and transmission of the pulse wave and the dimensional space where it was emitted. I used my consciousness to liquefy the void around the patient so it’s like a "jelly", and then observed which direction the jelly was shaken by the external force. The trajectory of the pulses coming through was soon found. It didn’t come from Earth, not even from this dimension.

My goodness!

Who had she offended that they had to use precision pulses to blow her head up from other dimensions? Was she some cosmic VIP?

题。可是为什么呢？又是谁在哪里发动的呢？

想到这里，我开始关注那脉冲波形成与传递而来的方向和它发射地所在的维度空间。

我用意识把患者四周的虚空都液化，犹如“果冻”一般，然后观察哪个方向这个果冻被外力抖动。

脉冲过来的轨迹很快就找到了——不是来自地球，甚至不是这个维度空间。

不是吧！这是得罪谁了？也至于跨维度用定向集束脉冲来精准爆头？！大姐不会是什么宇宙级重要人物吧？各种瞎想一股脑地涌上心头——这科技水平，我该不该趟这混水啊？趁着没有被发现撤吧？不然灭了我跟

All kinds of nonsense went through my mind. With this level of technology, should I get myself involved in this mess? Should I get out before they find me? Otherwise, it would be a child's play for them to take me out.

Life and Death

As I was pondering and debating what to do next, a more powerful pulse blasted along the track like a lightning bolt.

I was shocked: this was a genuine attempt to kill her! I didn't know what your grudge was, but I could not allow this lady to die on my consultation bed! How would I explain this? To tell the police that it was a cross-dimensional assassination or a medical incident? I couldn't afford the consequences of either one.

I had no choice but to intersect with her consciousness and produced some electrical resistance and prismatic system to decompose and depress the high-frequency energy wave to the

玩似的啊。

生死一线

我正在左思右想地犹豫着如何是好，只见到一更强力的脉冲犹如闪电般地就沿着轨迹轰了过来。

我心中大惊：这是真心想要她的命啊！你们什么恩怨我不知道，可是大姐不能死我家问诊床上啊！那我可怎么解释，和警察说是跨维度暗杀还是医疗事故？哪个我都承担不起呀。

没辙，只好与大姐的意识交汇到一起，生化出一些电阻机抗和棱镜体系，把高频能量波分解降压到之前的水平，拖延时间。好在那波来得不是很汹涌，这为我争取了思考的时

previous level to delay the attack. Fortunately, the wave was not very aggressive, which bought me some time to think:

First of all, it seemed the purpose of the pulse was to kill her. No matter where the patient was today, the first high frequency pulse would have burst her cerebral blood vessels. With two pulses coming through in just a few minutes, there was no chance she could survive that. I didn't know how long this attack would go on, but it seemed that it would not stop until she was dead.

At this point, the patient wouldn't last even a minute if she left my protection. It would be absolutely a big problem for me if she died in my clinic. I scolded myself for being nosy this time and got myself into such a mess.

I thought about it over and over and felt that I had no other choice but to fight it. With my mind made up, I turned my attention to the trajectory of the pulses. I then turned my consciousness into

间：

首先，这是要命来的。患者今天不管在哪里，一准刚才的第一波高频脉冲就已经爆了脑血管了。这短短几分钟已经有两个脉冲过来了，绝对没有活命的可能性。这样的攻击不知道还会多久，不过看其形式恐怕是不死不休。

这时患者只要离开我的保护，连一分钟都坚持不了，死我屋里还是我的麻烦。 心里这个骂自己多事啊，这回娄子捅大了不是！

左思右想，只好拼了，别无它法。

主意拿定，收敛心神，关注在脉冲过来的轨迹上。

然后把自己的意识化作虚空粒子，沿着震荡

particles of the void and followed the traces of the shock wave upstream. Suddenly there was darkness and then light appeared in front of me as I arrived in a room.

The room was simply furnished, surrounded by walls with a metallic film-like texture, and there was a projection console in front of me. I released and expanded my consciousness to look around and tried to orient myself.

This was a huge spaceship flying in the vast expanse of the universe in autopilot mode. The destination was unclear. I continued to expand my consciousness rapidly to cover more space but could not find the Milky Way. So I retreated back to the metal bubble room.

There were four long capsules behind me, each with an alien creature sleeping inside. They were immersed in a thick green liquid. The viewing windows on the capsules were very small, so I

波的痕迹一路逆行而上。

突然眼前一黑一亮，我出现在了一个房间里。

房间陈设简单，四周质地犹如金属薄膜般的墙壁，眼前是一个投影形成的控制台。

我放出自己的意识，膨胀扩大，立体地搜索四周，查看情况，定位自己的所在。

这是一艘在广袤无垠的宇宙中正在自动化驾驶的宇宙飞船，船体很大，目的地不清楚。

我继续急速地扩大意识笼罩的范围，找不到银河系的踪影。

回收意识到金属泡的房间里。

我看到背后有四个长条的胶囊，每个胶囊里

could not see their bodies. They each wore a silver net over their heads. I released my consciousness to contact them and didn't encounter any resistance.

I saw what happened after their ship took off:

Once the spaceship settled into smooth sailing, they entered the "dream cabin". This device allowed the body to hibernate and "pause". With the help of the silver net, the soul detached from the body and entered a large terminal system. The terminal system provided a variety of virtual learning and entertainment services to help the space travelers to pass time during their journey which could be hundreds of light years.

The space travelers would choose to play and experience a character from different historical periods on different planets in various universes. This was the most popular virtual reality game. Depending on the level of difficulty, the duration of a game varies

睡着一个外星生物。它们被浸泡在浓绿色的液体里。胶囊上观察窗口很小，看不到身体。它们每个“人”头上都带着一个银色的丝网。我放出自己的意识接触它们的意识，没有遭遇抵抗。

我看到它们飞船起飞时的样子：

飞行稳定后，进入“梦想仓”。这个装置可以让身体休眠，暂停下来，而灵魂从肉体中利用头上的银网被剥离出来，进入一个大型的终端系统。

那里提供各种学习或娱乐性的虚拟服务，辅助宇航员们度过几个世纪光年的漫长时间。这些宇航员会选择各种宇宙中的不同星球上的不同历史时期里的某一个角色去扮演

from a decade to tens of thousands of years, and players could switch and wander through various scenarios according to their preferences.

However, they had a mechanism in place: when the spaceship required attention, the “dream cabin” would terminate the game for the player in charge – let the character “die” in the game so the astronaut could return to tend to the spaceship’s needs. And at this moment, a capsule was draining the green liquid and ready to wake up the hibernator.

I immediately understood that my female patient's core consciousness came from this space traveler. The system fired pulses to destroy its physical carrier in the game on Earth so the space traveler could return to work. Fortunately, the alarm had just gone off and the spaceship was travelling at near light speed, so I might still be able to take advantage of the time lag.

和经历。

这是最流行的在线真实体验游戏。根据难度不同，一局的时间各异，从十几年到上万年不等，可以按照自己的喜好在各种场景中跳转游离。

但它们设立了一个机制：当飞船出了问题，“梦想仓”会中断响应负责者的梦境，让它“死”，回来处理飞船的实体问题。而当下就有一个胶囊在排除绿色液体，准备唤醒其中的休眠者。

我立刻明白了：我的女患者的核心意识体就是这个宇航员在其中参与。系统发射脉冲摧毁她在地球游戏里的载具，让其死亡，好回来参与工作。

I quickly scanned the consciousness of the space traveler being woken up and learned that after they awakened, they must press a button on the control panel to confirm the awakening and begin to work.

I thought, if I pressed that button would it suspend the wake-up procedure? So, I rushed to test my theory, only to realize that I was just a conscious body and could not affect the physical world. It didn't work, I couldn't do anything here.

I didn't know how much time was left for the woman on earth, but I was certain stronger pulses would follow until the recall was completed. The central control might not be able to differentiate, but it would continue to increase the power of the pulses. I didn't know what its limit was, but I was at my limit.

Transplanting the Memory

好在“闹钟”刚响，飞船是近乎光速的，所以我可能还有时间利用这个时间差。

我赶紧扫描苏醒过程中的那名宇航员的意识，了解到苏醒后要按虚拟面板上的一个按钮，确认苏醒并参与工作。

我想：我要是按了那个按钮，是不是苏醒程序就会暂停了呢？于是赶快过去实验。结果我忘了我是意识体，无法触碰实体造成影响。这招不成。我在这里什么也做不了。

我不知道地球上的女人还有多少时间，一定会有更大脉冲后续下来，直到召唤完成。虽然中控无法识别，但会不断加大脉冲。我不知道它的极限是多少，至少我已经在极限上了。

I quickly gathered my thoughts, guarded my patient to buy more time, searched her memory again, and found something I missed the first time. I was focusing on her pre-birth life plan, but this lady had already played four reincarnations on Earth with life spans of 3, 27, 84, and then this current life. She really enjoyed them, so she reincarnated right after her last death with so little delay that she had forgotten her true identity.

I transmitted what I saw in the spaceship into her mind and reinforced the images so they would stay in her memories. Then, once again, I set up consciousness protection against the intense pulse wave attack.

I removed my hands from her temples, waited for three minutes, and then asked her: “Is the headache better?”

移花接木

我赶紧收敛回心神，守住身边的患者，争取更多的时间，并再次快速搜索她的记忆库，发现了自己原来忽略的东西：我之前关注了她的出生前投胎计划，但大姐已经在地球上玩了四次轮回了，分别是3岁、27岁、84岁和这次。她玩得很嗨：上一次死后立刻就进入了这个年代里投胎，几乎没有间隔，导致自己都已经忘了自己的真实身份。

我把刚才飞船上的记忆传输入她的脑海中，并稳固住影像在她的记忆里。然后又一次设置了意识保护，对抗脉冲波的攻击强度。

我把双手从她的太阳穴拿开。

时间过了三分钟，我问她：“头痛好些了

She nodded and said, "Thank you, it's much better. The tinnitus also subsided."

I said: “Your problem is quite complicated, so I will need your full cooperation. It is difficult to explain exactly what is going on. So, I will induce a short hypnosis so you can see your memories for yourself."

The patient nodded again and closed her eyes.

I began counting: "Ten, nine, eight, ..... one. Go to the moment right before you were born on Earth and see who you are."

The patient’s facial expressions changed profusely. I watched until her expression calmed down. Knowing time was of the essence, so I woke her up immediately and asked: “So, what do you know now?” She suddenly burst into tears and could not stop sobbing. I was very anxious – lady, we were running out of time! If the next

吗？”

她点点头说：“谢谢你，好多了。耳鸣也轻微了许多。”

我说：“你这个问题很棘手，我需要你全力地配合。很难给你解释具体的内容。我会引导一个短暂的催眠，你自己去观看自己的记忆。”

患者又点头，闭上了眼睛。

我开始数：“十，九，八，……一。进入你来地球投胎前的片刻，去看看你是谁。”

患者的面部表情非常丰富地变换着。我一直观察，直到表情平静了下来。

我知道时间宝贵，立刻唤醒了她，问道：“如

pulse came any stronger, you would die in this bed!

She sensed my anxiousness, smiled apologetically and said, "I'm sorry, I know everything now. It's just that when I think back to the first half of my life… what I experienced, cared and would not let go... I am going back now. Maybe we will meet again next time... I really appreciate your help. I have to go now. An urgent matter needs my attention there."

This time it was my turn to cry out, thinking: come on lady, don't do this to me! You went ahead and logged out but I will end up with a corpse here! I remembered that her daughter came with her, so I called her inside. She was in her twenties.

I told her straight: "Your mother could die any minute. I've done my best. You can say your goodbye."

The girl's eyes turned red and she started crying. She grabbed

何？你知道了些什么？”

她突然哭泣了起来，甚至泣不成声。

我这个焦急啊——大姐啊，没时间了啊！脉冲再强，您就挂这床上了啊！

她仿佛发觉了我的情绪，不好意思地笑了笑，说：“对不起，我都知道了。只是回想起自己这前半生各种的经历、各种的较真，一时悲切。我这就要回去了。或许下次再来还能和你相遇，非常感谢你的帮助。我要走了，那边有紧急的事情需要我。”

这次该轮到我哭出声了，心想：大姐啊，不带这样害人的啊！您关机脱机忙去了，我这里可多了一个尸体啊！

想到她女儿刚才陪她来的，赶紧叫她女儿进屋

her mother's hand and said, "No, you can't leave me behind! Your little granddaughter is only two years old. How she loves her grandma. You can't just go like this…"

I quickly added my share to stir up the commotion and said: "You can't be irresponsible like this! Look at how much your daughter loves you, and your little granddaughter is waiting for you to come home. If you leave your family would be devastated. You can't just leave now!"

As we were trying to persuade her to stay, I suddenly felt a sweetness in my throat and a surge of blood. The patient went into a coma. I knew that if I held on any longer, not only she would die, but I would also die with her.

I scanned the patient with my consciousness: luckily, she still had breaths, but her soul was no longer in her body. The cerebral

里来。女儿二十多岁的样子，我直接就说："你妈妈命在旦夕，我已经尽力，你和患者告别吧。"

那个女孩眼圈一红，立刻哭泣，抓着妈妈的手就说："不可以，你不能留下我啊！小孙女才两岁，多喜欢姥姥啊，你可不能就这样撒手人寰啊……"

我赶紧在一旁补刀煽动情绪："你可不能这样不负责任啊！你看女儿多爱你，小孙女等着您回去。您这一走，家人要多伤心啊。可不能现在说走就走啊！"

就在苦苦相劝的时候，突然我感觉嗓子一甜，血气翻涌，患者直接进入昏迷。

我知道再扛下去，就不光是她走了，连我都要

vessels did not burst. The patient's soul withstood the pulse wave directly to protect the body, but her soul had followed the pulse and left.

What to do? What to do? If my psychotherapy caused the patient to become brain dead, I would no doubt lose my medical license.

Return of the Soul

My mind was a mess, but I couldn't afford to lose control of the situation. I calmed her daughter down and called an ambulance from the ICU. I needed to preserve the carrier and its functionalities. Luckily its autopilot program had been activated, the physical soul had taken over control.

The patient woke up slowly. Her logic and senses were normal but had no memory. Her breathing and heartbeat were normal. She was responsive and was able to engage in conversations normally.

陪了进去。

意识扫了一下患者：还好有气。灵魂已经不在体内了。

脑血管没有爆，患者的灵魂生生接下了刚才的脉冲，保护了身体。灵魂已经跟随脉冲离去。

怎么办？怎么办？心理疏导出个植物人，我的医师执照就废了啊！

回魂

我脑子乱成一锅粥，但不能失去对局势的掌控。

先安抚住患者的女儿，同时打急救从ICU叫车过来——要保住这个载具，不能损坏了功能。好在载具的自动化驾驶功能已经应激启动，魄

For a while, her daughter would not realize that it was just the physical soul controlling the body.

The daughter was in shock. She got very emotional and could not stop talking now. This somewhat relieved the pressure on the patient's thinking and reactions.

Just then, I saw the shadow of a consciousness entering the patient's body. She shivered, but surprisingly, her body did not reject it. I immediately talked to the patient, trying to figure out what had just got into her body.

The patient answered fluently, and her mind was clear but it was definitely not the same consciousness body's frequency as before.

I examined it carefully: it was a simulated consciousness body generated by an artificial intelligence response program, and it had the entire memory of that soul. Apparently, it was an authorized

在体内接管了所有系统。

患者悠悠转醒,逻辑意识清醒,就是没有记忆。呼吸心跳正常,能正常交谈,思维反应还算敏捷。一时半会儿女儿还发现不了这只是魄在掌管身体。

女儿刚才吓了一大跳,现在自己情绪激动,说个不停,倒也减轻了患者的思维反应压力。

就在这时,我看到一个意识体的光影进入了患者的身体。她打了个冷颤,身体居然没有排异。

我赶紧和患者交谈,想搞明白进来的是什么东西。

患者对答如流,思路清晰,但绝对不是之前的那个意识体的频率气息。

我仔细辨识:是一个人工智能应对程序模拟出

substitute that came to serve as a placeholder.

At least the pulse wave attacks had stopped for now. A conscious body was present in this carrier, and the family member couldn't tell the difference. I should grab this opportunity to send her away!

I told her daughter: "The patient has just experienced a severe headache, which has now been cured and will not recur. However, she is very tired. So, take her home and let her rest for the next few days. Do not let her go out or see other people, avoid stimulation and no alcohol ..."

After sending the patient and her daughter away, I let out a breath of relief. Luckily, she didn't die here. But, how long could that AI-simulated soul stay disguised before being found out? After all, there was still a difference between the substitute and a real soul.

来的意识体，它拥有那个灵魂的全部此生的记忆，明显是被授权过来滥竽充数的家伙。

至少现在脉冲波的攻击消失了，这个载具中有一个意识体存在，并且家人看不出差距，赶紧见好就收吧。送走这个姑奶奶吧！

我和患者的女儿解释："患者刚刚经历了严重的头痛，现在已经治疗好了，今后不会再犯。但患者很疲惫，现在带回家去，这几天多休息。不要外出或见其它人，避免刺激，不要喝酒……"

送走了患者母女，我长出一口气——好歹没有死在我这里。可是那个人工智能的仿真灵魂能糊弄多久不露馅呢？毕竟这玩意儿和灵魂还是有差距的。

## Epilogue

Time went by so quickly.

Two weeks later, I ran into the patient while shopping in the downtown supermarket. I was curious. So I walked over to chat with her and asked how she had been feeling for the last two weeks.

She greeted me and pulled me over to the fruit section. Then all of a sudden, she switched to a high-pitched voice and said: “Thank you so much for your help that weekend. Otherwise all would have ended that afternoon. I repaired the spaceship and went back into to the dream cabin. Although I could have chosen any new destination, I really couldn’t leave my children like that. Even though now I know that this is just a virtual experience, I still long to fulfill my role.

## 后记

时间流转。

又过了两周后，我在市中心的超市里遇到了患者在采购。我好奇地走过去攀谈最近两周的感觉。

患者客套了几句，拉我到水果区的边上，突然换了一个尖锐的声音跟我开始说话——

患者说：“非常感谢你那个周末的帮助，不然一切都结束在那天下午了。我维修好飞船后，又进入了梦仓。虽然我可以随便选择一个新目的地，但我确实放不下孩子们。虽然现在我知道，这里只是虚拟出来的空间体验，但是我渴望完成自己的角色。

I will live for another eight years and 120 days when my little granddaughter will have celebrated her tenth birthday. Four years later, my daughter will divorce her husband because of his infidelity. These are the main storylines that are bound to happen, and no one can change them. I think you know that.

I'll accompany my daughter through the trough. Six years later, I will hand her over to her true love. That boy is studying in London now. After these have been achieved, my role will come to an end.

Earth Online is a memorable program. Maybe we'll meet again somewhere, maybe we won't. Either way, it is a great arrangement. Again, thank you for your help."

After she finished speaking, she handed me a bunch of bananas with sincerity, expressing her gratitude, as if it was a prize.

我会再活八年零一百二十天，那时我的小孙女就十岁生日过完了。四年后，我女儿会因为她丈夫出轨而离婚。这些都是必然要发生的主线剧情，谁也无法变更，我想你知道的。

我会陪伴女儿走出低谷，在六年后把她交给真爱的手中，那个男孩现在还在伦敦读书。这些都达成后，我的角色也到了要谢幕的时刻。

《地球在线》是个令人难忘的节目，或许我们还会在哪里相见，或许不会，都是最好的安排。最后再次谢谢你的帮助。”

说完，她把手中的一把香蕉很真诚地递给了我，表达谢意，犹如奖品。

My mind was blown away. I stood there in shock.

Was this the real “her” or a super-advanced "artificial consciousness"? I felt it was a real soul.

I walked out of the supermarket like a dummy and got into my car. I didn’t know how I got home, but I didn’t “wake up” until the police came knocking on my door.

Two policemen politely told me that I stole bananas from the supermarket and wandered like a zombie. The supermarket staff thought I was a sleepwalker and didn't dare to disturb me. They called the police instead.

Luckily, most people in town knew me and knew that I wasn't a professional thief. So, the police officers came to my house to see if I was okay and took the bananas back.

我的脑子在风中凌乱着，意识溃散：

这是她“本人”还是超高级的“人工意识体”？感觉是实体灵魂。

就这样木讷着走出了商店，坐上了汽车。不知道自己怎么回的家，直到警察来敲门，我才回过神来。

两个警察很客气地说我在超市偷了香蕉，人跟没有魂似的游荡。店员以为我是梦游者，没敢打扰，报了警。

好在城里多数人都认识我，知道我不是职业小偷，才来家里找我看看出了什么事没有，顺道把香蕉要回去。

## Case 8: Medicine, Ghost Healer, Heal Ghost

### Medicine

I chose to reincarnate in a family of generations of doctors and, as always, to walk the path of medicine for a living. One reason is familiarity with the field, and the other is to guard the nature of my heart. A healer practices the art of healing, which is to dispel illness, relieve suffering, and soothe the mind. Traditional Chinese

## （八）医、鬼医、医鬼

### 一、医

我选择了一个世代医家投生，又一如既往地走医道为生，一为手熟，二为守护心性。医者行医道。医道者，祛疾、解苦、释心。

中医，不是一门医术，而是一个地域文化中

medicine is not merely a medical skill, but the sum of medical Taoism accumulated and inherited in a regional culture. Don't treat it as a narrow method because of its name.

Medicine has its obvious line of inheritance and development in ancient times.

Classical medicine began in the Middle East, entered the Indian subcontinent, and spread to various parts of East Asia; it went north to the bitter cold frontier, flourished in Central America, and also perished there. It has been enriched and supplemented to different degrees in various places, with its own limitations and biases due to regional characteristics.

Egypt, Babylon: There is no cold disease in their medicine, no iodine deficiency, no salt deficiency, but there is thalassemia.

India: Excessive heat and dampness, jungle diseases result in the formation of the four major elements: water (rainy), fire (extreme

积累传承的医道总和。就如同说起东方人的智慧，不要把它因名号而去狭义地看待成方法。

医学在远古有其明显的传承发展的脉络。

古典医学始于中东地区，入印度次大陆，进入东亚各地；北上苦寒边塞，盛于美洲中部，也亡于那里。在各地不同程度上得到了丰满与补充，又因地域特色各自形成局限和偏颇。

埃及、巴比伦：

医学中没有寒病，没有缺碘、缺盐，但有地中海贫血。

印度：

多暑湿、丛林病，生成四大：水，多雨；火，

heat), soil (food), wind (energy flow).

China:

The multi-ethnic and geographical diversity allowed classical medicine to reach its zenith. Severe heat and extreme cold, dry and humid, plateaus and basins allowed all possible diseases and medicinal plants to be fully utilized and recognized. This allowed medicine to expand from a single subtropical disease medicine and subtropical marine medicinal plants to a complete medical system suitable for the world. Later, due to regional diseases' characteristics, China divided into two major schools: febrile disease and typhoid disease, which have been in dispute for thousands of years.

America: It is the last place to blossom and where the purest classical medicine is found. For geographical reasons, it seamlessly inherits the knowledge of the Mediterranean medical system and

酷热；土，食物；风，能量流。

**中国：**

在多民族与地域的多样性上，让古典医学到达了顶峰——酷暑和极寒、干燥与潮湿、高原与盆地，让所有有可能形成的疾病与有可能被尝试的药用植被被充分地认知，让医学从单一亚热带疾病医学和亚热带海洋性药用植物扩展成适合全球的完整的医学体系。但后来，因为地域疾病的特色，中国还是分化出两个大流派：温病和伤寒，争执千年。

美洲：

是最后一个开花的地方，也是最纯粹的古典医学所在。 因为地理原因，它无缝地秉承了地中海医学体系的认知和印度次大陆丛

the insights of jungle medicine of the Indian subcontinent, making great progress in spiritual medicine. However, with the downfall of the Mayan civilization, this medical system was buried in history.

In classical medicine, there are four major medical systems:

Physical medicine for the body

Herbal medicine for biochemical functions

Acupuncture for life-sustaining procedures

Supplicatory Medicine for Consciousness Invasion

Each medical system has different methods and schools, and unfolding all these systems would take decades.

Effective treatment is always based on accurate diagnosis, which is roughly divided into: Observation, Auscultation & Olfaction, Inquiry, and Pulse Feeling & Palpation.

Observation: The first step. Diseases are clear to healers at first

林医学的见地，并在灵性医疗上取得了极大的发展。可惜玛雅文明的倾覆，这个医学体系被陪葬在历史里了。

在古典医学中，有四大块医学体系，分别是：

针对载具机体的物理医学

针对生化功能的草药医学

针对维生程序的针石医学

针对意识侵袭的祝祷医学

而每种医学体系又因具体方法和流派针对不同，展开来是数十年讲不完的内容。

而有效的治疗总是建立在准确的诊断上的，诊断被大体上分为：望、闻、问、切。

sight, and this "observation" even includes distant observation. Healers can use their minds to observe a patient's illnesses, feelings, suffering, the origin of the pain, the length of the disease course in their life-path planning, and they will know what the outcome will be. Healers observe patients' fates and save them. If it's urgent, healers will remove their symptoms; otherwise, they will try to untie knots in patients' hearts or guide them to submit to their life plans and get early relief. In later generations, healers observe the body, eyes, tongue, and movements, distinguishing complexion. In modern times, doctors use medical apparatus and instruments to see data that even patients don't bother to look at twice.

Auscultation & Olfaction: The second option. The healer connects heart and mind with the patient, and the two minds feel each other, finding where the suffering is, what the repeated cause is, and listening to the patient's mind telling the whole story. In later

望，为首。本是一见即明，这“见”甚至包括遥观。说白了，只要能明确标靶，用意识观察对象患者的疾苦所在、所感、所苦，病痛来历与命程中规划好的病程长短、结局几何就都知道了。医者观其运而救，急则去症，缓则劝解心结或导助患者臣服命运，早得解脱。

后世，观体，辨色，查身、眼、舌、动作。

到当代，看机器，观数据，连患者都懒得多看两眼了。

闻，退其次。心神所交，两意相感，疾苦所在，成因往复，听病患心灵叙说原委。

后世，医者用耳、鼻闻查咳喘哮鸣、气息味道、腹内鼓噪，皆辨别意义。

generations, healers used their ears and nose to listen and smell coughs, wheezing, the smell of breath, and abdominal rumbling, identifying the meanings behind them. In modern times, healers' intuitions are not trusted, and only evidence matters.

Inquiry: Healers often have questions, and patients answer them one by one, gradually leading healers to find the cause, understand the suffering, and predict the follow-up of life and death. Healers find the problem through the logic of questions and answers. In later generations, it prevailed in Europe and became the pillar of logic medicine. In contemporary times, it has become a standard, pursued globally.

Pulse Feeling & Palpation: The healer presses the patient’s pulse to examine. The symptoms described by the patient can be pretentious, but the body is much more honest. Healers check the pulsation to see its speeds and statuses, touch tendons, belly, and

当代，医者直觉不足为信，只讲证据资料。

问，医者多有无明之惑，患者一一为医者答疑解惑，逐步诱导医生找到病因，了解苦疾，预期生死后续。一问一答间通过语言逻辑剥丝抽茧，找寻问题所在。

后世，在欧洲盛行，成为逻辑医学的支柱旗帜。

当代，成为标准，全球奉行。

切，医者按压一探虚实。患者所言症状多偏颇造作之词，身体却诚实很多。查脉动急缓沉浮，触肌腱、肚腹、骨骼，辨软硬秩序。

后世，望闻之法渐废，道具日盛。

bones to identify the order, and the softness/hardness of these parts. In later generations, the methods of observation, auscultation & olfaction gradually became obsolete, and props became more prosperous. In modern times, people only believe what the machine says, regardless of what the body says.

In ancient times, high platforms were cast, and stone chambers were built on top of houses, with built-in crystals of various sizes, thicknesses, and colors to refract the light of the sun, moon, and stars, distorting and transforming to enhance the body's frequencies. This period was about the relationship between the universe and people.

In the Middle Ages, people did not know where they came from, but they knew where they were going. They worshipped the universe and expressed grievances. The art of voodoo blessing was prevalent to help correct thoughts and submit to obedience. Words,

当代，只信机械所言，不顾身体所语。

说完诊断，再看医疗手段。

远古之时，铸就高台，顶建石室，内置大小粗细各色水晶，折射日月星辰之光，扭曲转换增强其频率，令身体、心智、灵魂都得到补充与康复，校准应有的频率属性。这时是天与人的关系。

中古之时，不知所来，知所往。敬拜上苍，述说委屈。巫毒祝由之术盛行，帮着矫正思绪，臣服顺应。言语针石便可康复。这时是自然与人的关系。

needles, and stones could heal. This period was about the relationship between nature and people.

In modern times, people don’t know where they came from or where they will go. Hence, people move forward fearlessly but are always terrified. They see the skin as themselves, see the heart but not the mind, and see the mind but not the soul. They mock those in awe of Mother Nature as ignorant and abandon inheritance like worn-out shoes. Poisons, mineral rocks, needles, stones, knives, and axes were used simultaneously. This period was about human relations.

In contemporary times, those who know where man comes from and where he will go are regarded as crazy, and those who tell where man comes from and where he will go are pitied as demented. Most people's minds do not follow their hearts; their hearts don’t live in their bodies, and their bodies don’t guard the mind. They dissipate their spirits and concentrate their energies on

近代之时，不知所来，不知所往。故无畏前行而又时刻惶恐。视皮囊为我，见心不见意，见意不见魂。笑敬畏为无知，摒弃传承如敝履。毒药、丹石、针石、刀斧并用。这时是人与人的关系。

当代之时，知所来去者视为疯，言所来去者怜为癫。世人，意不守心，心不居身，身不守意。涣散精神、灌注精力于机械之中。视身体内外为生化机械，用钢钉为骨，塑料为皮，摄像为眼，话筒为耳。心系八卦，意感是非。渴望的不再是自我智慧觉知成长，而是计算机的智能觉知成长。出门不是享受驾驶掌控的乐趣，而渴望被计算机主宰左右，自己傀儡跟进。这个时代，毒药横行，辐射

machinery. They see the inside and outside of their bodies as biochemical machinery, using steel nails as bones, plastic as skin, cameras as eyes, and microphones as ears. Their minds are tied to gossip, rights, and wrongs. Their desires are no longer for the growth of self-intelligent awareness, but for the growth of computerized intelligent awareness. Going out is not to enjoy the fun of driving control but to desire to be dominated by the computer and follow like a puppet. In this era, poisons are prevalent, radiation is everywhere, and people eat at the wrong time, sleep and wake up irregularly. There are numerous brainless followers.

(Yesterday, a friend said that everyone has their own destiny, either follow when striving, or strive when following. Strive, neutral, and follow are the three stages of the mind: The striving man seems to be lively, but actually, there's nothing new at all; The neutral man knows the law of nature, but still longs to change his life against

众多，所食非时，起居无定，无脑跟随者众。

（昨日一友人说，人各有命，争中随，随中争。

争、中、随是心智的三个阶段：

前者看似热闹，实际毫无新意；

中者了知天道，但渴望逆天改命；

后者自己定进退节奏，但臣服大道，顺应起伏。）

fate; The latter sets his own pace of advance and retreat, but submits to the law of nature and conforms to ups and downs in life.)

My Growth Story

I was influenced by my hereditary family of traditional Chinese medicine since childhood and gained a lot of intuitive knowledge. When I was in Chinese Medicine College, I had more than ten years of knowledge from my previously recognized medical records, handling methods, and thinking directions than my peers, so I could get more artistic conceptions outside of textbooks than them.

At that time, I was extremely proud, because I had hundreds of years of medical records, prescriptions, and experience within the family for reference. At a young age, I was on top in my school. But soon, reality began to slap me in the face – using the ancient methods to deal with today's society is not enough.

After the great fusion of the world, genetic defect diseases,

我自己的成长过程

在世袭的中医世家从小熏染，获得了许多直觉上的见闻。

在医科大学中医科班时，之前已经认知的病案病例与处理手法、思考方向要比同龄人多出十年有余，导致学习中可以感悟到更多书本之外的意境传承。当时内心无比骄傲，因为手中有历代家族内部的百年医案、处方、经验可供查询参考，小小年纪已可傲视科室。

很快，现实就开始给我啪啪打脸——经方古法，应对当今社会已经捉襟见肘。世界大融

radiation diseases, chemical diseases, western medicine parasitic diseases, non-Asian parasitic diseases, transcontinental invasive microbial diseases... are unheard of in traditional Chinese medicine. I must learn Western medicine’s experience in European diseases, and its inspection and prevention methods. Otherwise, I can only become a quack doctor in order to defend the motherland's medicine. Fortunately, my medicine knowledge foundation is good, and the gap is quickly bridged. I thought to myself: This works.

However, I paid my tuition fees for my young arrogance: patients’ distorted psychological cognition could bring continuous disturbances of personality and energy field. These patients will have to come back to the hospital repeatedly, not because the diagnosis is incorrect or the medicine is ineffective, but because their psychological problems were not solved, the root cause of the disease was not removed.

合后，基因缺陷性疾病、辐射病、化学病、西药毒副病、非亚洲寄生虫病、跨洲际入侵性微生物病……闻所未闻。西医在欧洲病上的经验、检查手段和防治手段必须要学习。不然就只能抱残守缺、为了捍卫祖国医学而成为庸医。

好在基础底子在，差距快速弥合。心想：这下行了吧？

结果又让年轻的狂妄交了学费：患者的心理认知扭曲，带来性格与能量气场的持续紊乱，上半年刚医好，下半年又回来。心病不除，病根不去，非诊断不清，也非药石无功。

After thinking twice, I began to study clinical psychology. I was eager to deeply understand the disease so that I could hit the nail on the head and go straight to the core, and patients wouldn't live in confusion and go to the doctor repeatedly.

After three years of hard study, I got what I wanted. I just wanted to use my knowledge to help the weak and the poor like a young hero. But the more you learn, the more you discover that you know less. Mental illnesses have many causes and alternate causes even beyond this life.

After more than ten years of accumulating cases by me and more than 100 other classmates and colleagues scattered worldwide, I found that in many hypnotic retrospectives, the various diseases of patients are deliberately arranged by themselves: when a person is to get sick, what illness to get, how long the illness is, who will take care of the patient, who will cure the illness, when the patient will be

思绪再三，开始攻读临床心理学，渴望深刻理解病基，能一针见血，直击核心，不让患者迷惑着活着、反复地就医。

三年苦读，得偿所愿。心中惆怅，只想仗剑天涯，扶弱济贫，少年英豪。学得越多，发现懂得越少。心理疾病，多有成因，因果交替，甚至超出今生。

在我和其它一百多名散布世界各地的同学、同事十多年的共同累积下，发现在众多的催眠回溯里，患者的各种疾病都是自己刻意安排的：什么时候病、得什么病、病多久、由谁来照料、让谁给治好、什么时候被治好、能不能治好，连什么时候过世，都安排得明

cured, whether it can be cured, and when the patient will die are all clearly arranged.

Some congenital diseases, physical disabilities, and physical defects are related to the unforgettable regrets left in the past memories of the patient's past life journey and have become the homework of this life to face.

Of course, the patient's parents also chose to experience and participate in this challenge on a soul level. There are also sufferings caused intentionally or unintentionally by various tangible or intangible, or constantly guarding or passing by consciousness bodies, which have nothing to do with patients themselves but become a disaster without prejudice, and patients are really just affected by occasional impermanent ripples.

Most clinical diseases originate from heart knots, just as the seniors often say: if a person's mind is twisted, the body and bones will also

明白白。

一部分先天疾病、肢体残疾、生理缺陷，很多与其生命历程中过往记忆里留下的无法释怀的遗憾有关，并成为此生的功课去面对。当然其父母也在灵魂层面上选择了经历和参与这一挑战。

还有些疾苦是各种有形无形、或常守或路过的意识体有心、无意造成的，和患者自身毫无关系，却成为无妄之灾，真的只是被偶然的无常涟漪波及。

在临床疾病中绝大部分的疾病来源于心结，就像老人们常说的：这人要是活拧巴了，身

compete with each other. Looking back, all my previous efforts were just inevitable experiences laid out in the script by "others" and had almost nothing to do with my self-proclaimed medical skills.

Whether the "patient" can be cured by me depends on whether the "self" of the patient truly agrees to be cured - when it’s time to be cured, the patient is cured. I'm broken inside! After being busy for half of my life, I found that I was just an actor wearing a white robe pretending to be a doctor on the stage, while the "patient" interpreted his life and death according to the script. No one will die in vain if "self" disagrees. Even the most impermanent accident has its own plan behind it.

Chinese medicine, Western medicine, and psychology, I got closer to the truth step by step.

My soul led me to touch the most mysterious medicine in China for the first time – Zhuyou (supplication, incantation, and psychology).

子骨也会跟着较劲的。

反观之前我所有的努力，仅仅是“别人”剧本铺陈设定好的必然经历，和我自诩的医术几乎毫无关系。“患者”是否能被我治愈，在于患者“自我”是否真心同意被治愈——是时候被治好了，就治愈了。

我内心崩溃啊！忙活了小半生，发现自己不过是舞台上穿着白袍假装医生的演员，而“病人”按着剧本演绎着自己的生死。没有一个人，“自己”不同意而会平白死去。哪怕是最无常的意外，都内藏巨大的玄机。

Speaking of Zhuyou, it is not a black-and-white spell or some kind of voodoo, local spirit medium, or shaman. Zhuyou is the most precious wealth in Chinese medicine, but it is completely hidden in the atheistic education system.

In fact, Zhuyou is composed of three aspects, namely: ancient psychological counseling, ancient hypnosis, and ancient psychics.

Zhuyou is the abbreviation for supplication cause in Chinese. Supplicate is to ask and question the patient's consciousness, to understand the hidden meaning and purpose behind the symptoms, to understand the patient's prenatal planning for his disease, and when he will allow himself to get better.

If a patient has to realize a certain awareness and make necessary habit changes, then the healer will help the patient to recognize his/her original intention as soon as possible; If the purpose of the illness is to make a patient play the role of being a patient and let

中医、西医、心理学，我一步步靠近了真相。

灵魂引导我第一次去触碰中国最神秘的医学——祝由。

说起祝由，它不是黑白法术或什么跳大神、当地马、做萨满，祝由是中国医学中最宝贵的财富，但却完全隐没于无神论的教育体系中了。

实际上的祝由由三个面向合成，分别是：古代心理学疏导、古代催眠术、古代通灵术。

祝由，是祝祷因由的简称。祝祷是对患者的意识询问与质疑，了解症状背后隐藏的意义

the family members experience care and take care of family members, love and be loved, give and patience, then the healer will help the family let go of their anxiety, and accompany the patient to go through the designated period of illness, and to experience not abandoning the patient no matter what.

If it is really because of a certain "accident" and involves a larger plan of other consciousness bodies in higher dimensions, and the patient is only a victim of a certain link but the patient's soul does not agree to participate in this drama, then the healer needs to find a regional "Presbyterian Meeting" to argue about this case and make these reckless guys care about other weak creatures.

It's like when you pass by and see a naughty child roasting a hedgehog with a magnifying glass for fun and you say something to stop it - the child is not evil, just curious, but it hurts other low-level lives.

和目的，了解到患者对自身疾病的出生前规划和什么时候容许自己好起来。

如果患者必须体悟到某种觉知与做出必要的习气改变，那就帮助患者尽快地认清自己的初心；

如果是为了扮演患者，让家属体验照顾与关心、爱与被爱、付出与耐心，那就要去让家属放下焦躁的情绪，安然地陪伴患者度过指定的时期，体验不离不弃；

如果真的是某种“意外”，并涉及到了更高维度其它意识体的更庞大计划，而患者只是某一环节的牺牲品、患者的灵魂没有同意参

The success of my study in Zhuyou is largely due to the fact that I was fortunate enough to start learning my family tradition - Mirror Art at a very young age.

Mirror Art is a technique passed down in the old family of traditional Chinese medicine: let the healer’s consciousness reach the water-stopping state, and then observe the patient’s symptoms, feelings, and causes inside the patient's body. The healer will get to know it all, just like experiencing it themselves. If the healer and the patient are of the same gender, take the same side; opposite genders, take the opposite side.

In this way, the patient doesn’t even need to say a word, but the healer can accurately know where the patient's suffering is, how severe it is, the distribution of defense and nutrient Chi, and the transmission status of the five internal organs. Then the healer diagnoses himself, prescribes medication, or acupuncture the

与这戏剧，那就要找区域“长老会”去理论一番，让这些莽撞的家伙在意一些其它弱小的生灵。就像你路过看到一个调皮的小孩在拿放大镜烤一只刺猬作乐而出言阻止——孩子没有坏心，只是好奇，但却伤害了其它低等生命。

祝由的学习成功，很大程度上是我有幸在很小的时候就开始学习家传的镜术。

所谓镜术，是老中医世家中流传的一种法门：让意识内收到止水境界，然后观患者，患者身体内的症状、感觉、成因，医生就会无漏觉知，犹如亲历无二。同性同侧，异性异侧。这样医生无需患者言语，便可准确得

patient. Then the healer observes the changes in his/her own body, and the healer will know how effective the medicine stone is.

This technique allows the healer to know the patient's suffering without looking at the patient and to understand the progress of the disease without asking.

In ancient times, male healers were not allowed to be close to females, they were not allowed to see dignitaries' faces. Most of the healers hang silk to diagnose. In fact, those diagnoses rely on Mirror Art, which healers cannot explicitly disclose, thus creating a lot of legends and mysteries.

All the children in my family studied medicine, but I was the only one who had the opportunity to practice it to great success. Perhaps it was related to the fact that I was often able to wander out of my body since I was a child, and my desires were few. I saw everyone wearing a colorful halo at a very early age. Some are gray, some

知患者病苦所在、程度几分、营卫之气分布、五脏传导之势。然后诊断自己，开出药方或针刺患者。再观自己身体变化，知药石功效几分。

这个法门让医可不望而知其所苦，不问而明疾之进退。在古代不可亲女眷，不能见显贵，多悬丝诊病，入室言疾，其实都是靠镜术。只是不能明说外传，搞出很多传说玄机。

家中子弟尽皆学医受传心法，但唯我一人有机缘练到大成，或许与从小就经常能灵魂神游出体，淡薄了心性有关：很早年就看见人人套着五彩光环，有白，有灰，有红，有蓝，有黑，有的五彩游弋，有的凝滞呆板，有的

are red, some are blue, some are black, some are colorful, some are stagnant, and some are golden. I was curious when I was young, but no one could answer my questions, so I just thought it was fun.

Many years later, I found that this is related to whether a person's personality, disease, emotion, character, and level of consciousness are invaded by energy consciousness bodies.

## Ghost Healer

金光万丈。幼年好奇，但无人能答，只觉得好玩。很多年后发现，这与一个人的性格、疾病、情绪、人品、意识层次是否遭受能量意识体侵袭有关。

## 鬼医

This is another story. After.

I graduated from college, the elders in my family solemnly handed me an old yearbook painting and said, “Take good care of it, this is your master, and you should respect him in the future. We can't be with you all the time, but he can. Clinically, a wrong thought could cost a human’s life, so don’t be careless. Ask your master for advice when you have questions and learn from him.”

I was told to keep an old New Year painting and also to take it as my master.

Before going to bed at night, according to the requirements of the elders in the family, I bowed to the yearbook painting, and then recited a formula three times.

The night passed quietly. Early in the morning, an old man stood by my bed, wearing a Manchu official uniform from head to toe, looking at me. I was shocked, thinking if I had traveled through time to the

说起这个，是另一个故事了。

我大学毕业后，家里长辈很郑重地交给我一张老年画，说：“好生收好，这是你师傅，今后要多加敬重。我们不能随时陪在你身边，但它能。临床上，一念之差就是人命，万不可大意。有事多请教，没事时多学着点。”

一张老年画，叫我守着，还要拜师。

晚上临睡，按照家里长辈要求：对着年画行礼，然后念三遍口诀入睡。

一夜无话。清晨，一老者站在我床头，身穿

Qing Dynasty. The old gentleman was very calm. He whispered his name three times in a row in my ear until I could repeat it. I found pen and paper on the bedside table to record his name immediately, and my ears were as hot as steam.

The old gentleman said: "In China, there is a folk custom since ancient times, which is to raise the ghosts of ancestors to bless the descendants. When an ancestor dies, his eldest son or grandson climbs on the roof of the main hall, takes the ancestor's coat and hat, and shouts the ancestor's name repeatedly, begging the ancestor to stay and protect the family, and the descendants must continuously worship and serve incense and offerings for the ancestor.

Such ancestors who care about their descendants will live in the family ancestral hall following their clothes and hats, and voluntarily bind their spirits locally while the family members use their own

满清官服，顶戴一应俱全，看着我。

我吓了一跳，不是我穿越了吧！

老先生倒也不急，在我耳畔，连着鬼语三声他的名字，直到我能重复出来。我赶紧在床头柜上找纸笔记录，耳朵就像被蒸汽烫了一样地热。

老先生说：“中国自古有民俗，养祖先鬼魂荫佑后人。当先人去世时，其长子长孙爬上正堂房顶，拿先人衣帽，连喊先人姓名，求留下庇佑家人，必定香火不断，子嗣礼拜有加，供养不停。这种牵挂子孙的先人就会随衣帽住入家族祠堂，自愿当地缚灵，而家人

longevity to nourish their ancestors' energy needs. There can be a full house of such ancestors' spirits raised by a family. But if descendants are not filial and virtuous, plotting ancestral wealth and harming others, ancestors will feel cold-hearted and reincarnate on their own.

In ancient times, a family without ancestral blessings could succeed with stratagem in the open, but it would often fail miserably in conspiracy. Certain decisions could be swayed by an idea for no reason at a critical moment, which led to the fortune of the whole family withering, and a family as a unit was eliminated from the competition in the officialdom or business."

My family ancestor and he were close friends. He was the head of the imperial physicians. He believed in Buddhism all his life and made an oath before his death to heal and save all beings in the world. However, he forgot to set a time limit in his oath and as a

用自己的寿元滋养它的能量所需。

这样的先人甚至能养一屋子出来。但要是子孙不孝少德，图谋祖先敛财害人，祖先也就寒心而去，自顾自地投胎轮回去了。

在古代，哪个家族要是没有祖先庇佑，在阳谋上虽然能得逞，但在阴谋上往往会惨败。关键时刻被无故左右了一个念头，就导致全家运势凋零，在家族为单位的官场商场竞争中被淘汰出局。”

我家祖先和他至交金兰。他本是太医之首，一生信奉佛法，生前立下誓言要医救天下众生。只是自己的誓言中忘记限定时间，结果死后无法挣脱自己的誓心，依附在这门神画

result, he couldn't break free from his oath after death. He attached himself to this yearbook painting, and received incense worship to maintain energy, and rescued those who worshipped him many times.

Later, this painting was regarded as a treasure by my family, and he also recognized this karma, so he agreed to assist my family for three generations. However, the person he chooses to assist must have a great state of mind so that this person can see and hear his teachings. He taught my ancestors the great secret mind of the imperial palace inner court - Mirror Art.

After hearing this, I bowed to acknowledge him as my master and called him Master "Nothingness". Bowing down and getting up, I suddenly woke up: I was in bed. I looked at my bedside at once, but there were no paper and pencil at all. Only the red heat in my right ear has not yet disappeared, bloating.

上，受香火礼拜维持能量，多次出手救助礼拜之人。

后来这画被我家族视为珍宝，他也识得这因缘，就约辅助我家三世。但辅佐之人，必须能有心境大成的底蕴，才能见闻他的教诲，并传授了我祖上内廷大密心法镜术。

听完这些，我急忙叩拜认师，尊其“无”师傅。

叩拜起身，突然醒来：人在床上。忙看床头，根本没有纸笔。只是右耳红热未消，一涨一涨的。

Since then, he had been standing around during my clinic hours, patiently teaching me. When I had questions, I asked him for advice in my heart. Usually, the patient is still in the corridor, and the two of us have already discussed the entire medical case. During acupuncture treatment for my patients, he would point out the acupuncture points on my body and teach me to perform from the right angles, and depth of acupuncture.

He also has his own obvious limitations: the limitations of the times, the limitations of knowledge reserves, the limitations of cognition, and the limitations of ideas; but he also has places that are not limited: the knowledge of the Bardo (a Buddhism term meaning the intermediate existence between death and reincarnation), the knowledge of the human and ghost worlds, the knowledge of various offbeat ancient languages, after all, he has become a really old ghost.

从此，我门诊时他就立于左右，耐心教诲。

我遇不明便心中请教，往往患者还在走廊里，我俩就已经探讨完整个医案。我针灸治疗时，他就在我身上指点穴道所用、角度深浅迎随。

他也有自己明显的局限性：时代的局限性、知识储备的局限性、认知的局限性、理念的局限性；但他也有不被局限的地方：中阴的知识、人鬼两界的知识、各种偏门的古语知识，毕竟是活成了精般的家伙。

在我现在写这些字的时候，老先生就笑眯眯地在边上看着我怎么评价他，还开玩笑地假装生气地说：“无老精。”

As I am writing these words now, this old man is smiling and watching how I judged him and jokingly pretending to be angry and said, "I'm not old." When it's time for me to leave this life, most likely we will be reincarnated together, or after satori (Buddhism term for enlightenment) we change places and ways of living together.

Master Nothingness said: “Things exist when men believe they exist and vice versa." This is the simplest and most fundamental truth.

**Heal Ghost**

等这一世我该走的时候，多半我俩也就搭伴投胎去了。或者跟着我开悟了，想明白了，一起换个地方、换个活法。

无师傅说：“信则有，不信则无。”

这是最简单也是最根本的真理。

## 三、医鬼

It is natural to have ups and downs, sufferings, and illnesses in the course of a man’s life. Many people may find it unbelievable that even ghosts can also get sick. In fact, this is not uncommon for two reasons.

The most common reason is that when they were alive, they had been afflicted with stubborn diseases for many years. The concept of being sick has become an indispensable part of their self-characteristics, an indelible part of their self-perception in their memories.

After death, they don't know that their beliefs and thoughts can be changed at will, and they have all sorts of reluctance to enter the bardo therefore became earthbound spirits. However, they are unwilling to be reconciled with their own disabilities, pains, defects, while other earthbound spirits are living well and healthy, so they will search for a famous doctor by attaching themselves to a

人食五谷，命程坎坷，多有疾苦，本是自然。但鬼也患病，恐怕很多人就觉得匪夷所思了。其实这并不少见，其原因有二。

最常见的是，活着的时候多年顽疾缠身，都已经习惯了，成为了自己记忆中无法磨灭的自我认知里不可或缺的一部分自我特征。死后压根儿不知道信念和心念可随心生化，又有种种不舍不愿入中阴，成了地缚灵。

可是其它的地缚灵一个个活得好好的，就自己残疾、疼痛、缺陷等，心中不甘，就会遍寻名医。然后附着在随机某人身上，让那个被害者感受到自己同样的疾苦，并“无意”间得知名医所在，去问病求救。这鬼就借着

random person, let the victim feel the same suffering, and "unintentionally" find the location of a famous doctor and ask for help.

The ghost will be “cured” through that body. In fact, this is just to fulfill that ghost's wish to be cured. Only with its trusted doctor can the ghost let go of the heart knot that cannot be cured. It’s the ghost’s own willingness to feel the miracle of the "magic doctor", so it becomes a miracle. Of course, the patient himself doesn’t know, and I cannot tell the patient about this, or I will be the one to be hospitalized.

Another case is that the earthbound spirits bully each other. Where there are people, there are societies, and this also applies to ghosts. Earth-bound spirits lingering in our mortal world will continue to dissipate their energy. When their energy is exhausted, their consciousnesses have nothing to fall back on and will

那身子，被“治”好了。

其实也就是完成了那鬼被治好的心愿。在它信赖的医生那里，才能让自己放下不能被治愈的心结。是自己愿意感受到“神医”的奇迹，所以就成了奇迹。当然患者自己是不知道的，也没法跟患者说这些，不然要长期住院的就是我了。

还有一类，就是地缚灵之间有相互欺负的状况。有人的地方就有江湖，这话也适用于鬼们。地缚灵在红尘中滞留，会不断消散自己的能量。能量耗尽，意识无所依托，也就消散了。当然，那些记忆与意识其实早就上传回云端高我那里了，这里长期滞

disappear.

Of course, their memories and consciousnesses have already been uploaded back to the cloud storage of their higher selves, and those who stayed here for a long time have long since become outcasts. After all, freedom of will is sacrosanct! Earthbound spirits are unwilling to approach the bardo, and do not listen to anyone's guidance and advice. They are a group of consciousness bodies with low awareness or strong obsessions. But they all face the death of their souls one day because of energy dissipation, so they must replenish energy - life energy.

There are two ways to supplement life energy: gentle or violent. The gentle way is to ask family members to worship, and the life energy of family members can be transferred to the deceased in this way. Or the earthbound spirits help people fulfill their wishes, using powerful waves of sustained consciousness to forcefully

留的早就成了弃子。毕竟自由意识神圣不可侵犯嘛！

地缚灵们不愿接近中阴，也不听任何人引导规劝，是一群觉知不高或执念很重的意识体群体。但它们都面对能量消散、终有一天魂飞魄散的死期，必须要补充能量——生命能。

生命能的补充方式分文武两种：

文的要家人祭拜，家人的生命能被资源转账入逝者那里。还有就是帮人达成心愿，用强大的持续的意识波，强行灌输给某人——让人恋爱，让人做出非本愿的决定，签署下合同或购买了自己没用的东西。这

indoctrinate someone - making them fall in love, making them make unintended decisions, signing contracts, or buying things they don't need.

These spirits dare not to enter the bardo because they are afraid of death, so they did not experience the enlightenment in the bardo from reviewing their lives. They change and disrupt the life of others at will, allowing random chaos to enter our society, creating unplanned, impermanent variables. It would have been simple to sweep them away, but the entire spirit world has acquiesced to their nonsense to add the fun of the unknown and to respect the manifestation of their free will. After all, being a ghost is also an experience, an indispensable part of their experiences.

To get back to our topic, there are gentle ways or violent ways for ghosts to supplement life energy. Ghosts that use violent ways are those who were domineering and brutal, or who were extremely

些灵体因为怕死不敢入中阴，也就没有经历过中阴觉悟、回顾人生。它们随意变更扰乱他人的生命铺陈，让随机的混乱进入社会中，形成计划外的无常变量。

本来扫除它们是很简单的事，但整个灵界都默许它们胡闹，来增加未知的趣味性，并尊重它们自由意识的彰显。毕竟作妖也是一种体验，是体验中不可或缺的一个环节。

话说远了。鬼里有文有武，武的就是生前很霸道蛮横、或妒戾之心性极强的人。死后也不甘，一心想着报仇或怕下地狱，就躲在中阴之前。它们是一股阴冷与浑浊的

jealous before they died. After death, they still want to take revenge or fear of going to hell, so they hide in the state before the bardo.

They are a cold and muddy force, mostly acting in a perverse way according to their own likes and dislikes. They make people quarrel with each other and even hurt each other in the means of intimidating others, provoking rights and wrongs, disturbing peace, and making people irritable. In this way, a large amount of red life energy is released, and they feast on it.

Then they pretend to be immortal, suggesting where the victim should go to ask for peace and worship. After the victim begs for help and worships, they don't haunt the victim for some time. Afterward, the victim is asked to return for his/her wish, and he or she voluntarily dedicates a symbolic object that has life energy attached to it.

This is the business philosophy of the robber and the ruffian, and

力量，多按照自己的喜恶而行乖张之事，以恐吓他人、挑拨是非、搅扰安宁、令人烦躁为手段，让人们之间争执吵闹，甚至相互伤害。这样释放出强烈的大量红色生命能，它们就在一边大快朵颐。

然后又装作神仙，暗示被害者去哪里求拜安宁。被害者求拜后，它们就不闹此人一段时间。之后让被害人还愿，自己主动奉献出附着有生命能的象征性物品。

这就是强盗加地痞的经营理念，叫做平安保护费。它们自诩是什么什么大神、什么上仙，冒充地方上的历史名人，沾沾自喜，煞有其事。

they call it security protection fee. They complacently pretend to be some kind of great god or immortal or local historical celebrities.

Such evil spirits will inevitably have conflicts over territories, and the main issue is the ownership of pilgrims. Due to the habits in their life before death, all problems are solved by fighting.

The battle between energy consciousness bodies is a battle of wills in which frequencies interfere with each other. These ghosts have scruples in their minds, which are the traces left by their cognition before death, so they often deliberately follow the rules of physical perception. Mind-created swords and spears, magic weapons, spiritual tools, charms and spells, are defined different functions by these ghosts, and they cooperate with each other to "act", and they truly believe in these.

These ghosts would miss arms and legs and get holes in their ghost bodies after a battle. Then they will look for a ghost healer to cure

这样的恶鬼难免有地盘的冲突，主要争的是香客的归属。生前习气所致，一切问题都靠打架解决。

能量意识体间的战斗就是频率相互映像干扰的意志战。这些鬼心中都有所忌惮，是生前认知留下的痕迹，所以经常刻意地遵守物理上的认知规则。意念生化出来的刀枪、法宝、灵器、符咒，都被它们定义了功能，并相互配合着“演戏”，并且自己还真信。

一场战斗下来，缺胳膊少腿，一身是洞。然后就找鬼医看病，其实鬼医也没干什么，都是它们自己的信念容许自己得到了

them, in fact, the ghost healer did not do anything, it is their own belief allowed them to be cured, because they believe the ghost healer can cure them. This is very similar to the process of human patients being healed.

康复，因为鬼医“出手”了。这一点上和人类患者被医治的过程很像。

## Case 9: The User is not in the Service Area

This incident occurred two years ago during the Chinese New Year. Being overseas, I had to work during the holiday.

Just after lunch on the third day of the Lunar New Year, the entrance to the clinic suddenly became lively with some commotion among the waiting patients and their families.

Curious, I stepped out of my office and saw an elderly man and his son pushing a small four-wheeled flatbed cart into the hall. On the cart, supported by a wooden stick, was a delicately crafted mannequin.

"What's this?" I wondered. The elderly man and his son, who looked very similar, were clearly father and son. Before they even approached, the old man shouted loudly, "Please take a look at my

## （九）该使用者不在服务区

事情发生在两年前的春节期间，当然，海外的春节还要上班。

大年初三午饭刚过，诊室门口突然热闹了起来，候诊的患者和家属有些骚动。

不知发生了什么，我就走出诊室，看到爷儿俩推着一个送货的小四轮平板车从大厅走来，平板车上戳着一个精致人偶，用木棍支撑着。

我就纳闷了：这是干嘛呢？

推车的一看就是爷儿俩，一老一少长得很像。

老先生人还没走近就大声地说："你给我媳妇看看吧！"

说着指向那个用木棍支撑、戳在平板车上的人

wife!" while pointing to the mannequin on the flatbed truck.

I've heard of people in Japan living with dolls, but pushing such a private hobby out into the public and bringing it to a doctor was unusual. What was the issue? Was she leaking or rusting? These weren't things we could warrant at the hospital.

The old man seemed sincere, showing signs of a serious mental issue. I quickly invited them inside to avoid scaring the children in the waiting room.

Helping hold the door, I assisted the old man in pushing the cart with his "wife" inside. As they passed me, the mannequin's breath blew on my face, shocking me. "What kind of technology is this? So realistic!" I thought.

Once inside, the old man closed the door and grabbed my hand

偶。

原来听说过日本有娶“娃娃”过日子的，可是您这样的私人爱好，不好推到街上来吧？还送到医生这里？她是漏气了，还是生锈了？也不是我们能质保的啊。

看着老爷子一脸诚恳的样子，这是病得不轻啊。赶紧请进屋，别吓到候诊室里的孩子。

我帮着扶着门，好让老先生推着平板车把“老婆”请进来。就在错身的功夫，那个娃娃有气息吹到了我脸上。我一惊：什么科技？太逼真了吧！

进屋后，老爷子反手关上门，一把抓住了我的手，特激动地说：“求求你了，救救我媳妇吧！

excitedly, saying, "Please save my wife! Everyone says only you can save her. We'll pay any amount!"

I quickly asked the elderly man and his son to sit down and began questioning the young man to understand the full story.

Causes

The young man, in his early twenties and wearing gold-rimmed glasses, seemed shy, bowing his head before speaking. "My dad is not mentally ill; this really is my mom, my stepmother. She treated me well. But two years ago, she suddenly couldn't move anymore. We've checked everything, and she has no disease. She's been like this for almost two years, without moving an inch."

He continued, "We have to feed her through a nasal feeding tube, change her diaper daily, and massage her body. But she doesn't

都说只有你能救她了，多少钱我们都肯花啊！”

我赶紧请老爷子和他儿子坐下，开始询问他儿子，看看到底是怎么个故事。

起因

儿子二十出头的样子，很清秀的男孩：金丝边的眼镜，还有些腼腆，一说话先低头。

儿子说：“我爸不是精神病，这个真的是我妈。不是我亲妈，但她对我很好。就是两年前突然间就不动了。什么都检查了，什么病都没有，可是这一个姿势毫无变化地已经小两年了。

我们要给她用鼻饲管喂食，每天给她换尿不湿，帮着她按摩身体。可是她什么反应都没有，连眼皮都不眨。医生怕她眼睛干了，这不还戴上了保湿眼罩。

respond to anything, not even blinking. The doctor put a moisturizing eye mask on her to prevent her eyes from drying out."

Two years ago, he came home from school and found his stepmother standing motionless in the kitchen. Thinking she was deep in thought, he didn't disturb her and went to his room. Later, when his dad returned from work, he found her still standing there. She didn't respond to anyone who spoke to her, not even to a fork poking her. An ambulance was called.

The paramedics found nothing wrong; she was just standing there, her limbs like bronze statues, unable to bend, unresponsive, like a plaster sculpture. Her breathing and heartbeat were normal. It took four men to move her into the ambulance, but they couldn't put her on a stretcher because her arms and legs wouldn't straighten.

两年前，我放学回家，我爸还没有下班。我看见我妈站在厨房一动不动的，一开始以为她在想事情，就回自己房间了。 晚上爸爸下班后，发现妈妈还在那里一动不动地站着，谁说话也没有反应，拿餐叉扎都没有反应，就叫了救护车。

医护来了，查了，什么问题也没有。妈妈就是站在那里，四肢就像铜像一般，一点不能打弯，毫无反应，就像石膏雕塑。呼吸心跳都正常。非常沉，我们四个男人才能把她搬上救护车，还没法放在担架上，胳膊腿都放不直。

去了医院，检查了所有，您看（拿出一本教科书厚的各种检查报告单来），这些都说她完全正常，最后给了一个诊断，是无器质性病变的‘木僵症’。然后就没有然后了，谁都不知道

In the hospital, all tests (he pulled out a thick stack of test reports) indicated she was completely normal. Finally, she was diagnosed with 'stupor' without organic pathology. No one knew what was wrong, how to treat it, or when she would recover.

For two years, we've been to many places, but nothing has changed. We've just been pushing her around in this cart.

Diagnosis

I had learned about 'stupor' but never seen a case. It was difficult for the patient to stand frozen like this for two years. I let the two men rest and went into the inner room alone to think about countermeasures. All medical tests being normal saved me time, but how could I conduct psychological counseling when she was unresponsive?

到底怎么了，谁也不知道怎么治疗，也不知道什么时候可以恢复。

两年了，我们去过很多地方，但是毫无收获。我们就这样用这小车到处推着她。”

诊断

“木僵”我学过，没见过。能僵成个衣服模特般地耸立两年，真难为这个患者了。

我让患者家属安坐休息，自己进入里屋思考对策：所有医学检测都没有问题，一切各种思路倒也不用多想了。这样的患者毫无反应，如何能疏导心理或检查问题所在呢？

想了半天，决定先上脑电图监控，留院观察。

送走爷儿俩，我把患者摆在诊所的中间，端详这个肉身泥塑般的躯体。

After pondering for a while, I decided to monitor her brain with an EEG and keep her under observation. I placed the patient in the middle of the room and examined her body, like a sculpture.

I put the EEG cap on her head and tried various methods to stimulate her: shouting, singing, turning heels, telling jokes, stabbing her nostrils with wool, sweeping the bottom of her feet, and so on. But the EEG only swung around the baseline. She was like a dead monk sitting there.

Suddenly, a thought struck me: Is her soul still in her body? Her heart can beat, and she can breathe, but is her soul still there?

I sat down cross-legged next to her and let my consciousness spread into her body to feel. Her soul was not in her body. What scared her so much that she lost her soul? Would I have to call the

在她头上带上脑电图帽子，然后自己在一边，吹拉弹唱，翻跟头，讲笑话，用毛线捅她的鼻孔，扫脚心…… 文武加地痞，什么都尝试了，脑电图只是基线摆动，犹如坐化的金身老僧。

想到这里，突然一个念头：她的灵魂还在吗？心跳着、喘着气，但是灵魂还在吗？

我在一旁盘腿坐好，安放好身体，让自己的意识扩散到她的身体里感受一下——

营卫之气安然，六脉十二经平顺如常；七魄都在，只是伏矢、尸狗两套机制被飞行模式了；而三魂中，只有幽精在后台运作管理着身体，胎光、爽灵都不在体内。

难道是被什么惊吓掉魂了？吓傻了？难不成我要玩招魂吗？

soul back?

Unsure about the process, I decided to check her last memory. I took her hands and tried to dive into her memory to see what happened two years ago.

After trying for a while, I got nothing, and there was a blank in my mind.

Out of options, I called a friend for help. An hour later, my friend arrived, and I described the situation. He was interested and agreed to help. We waited in my office until six o'clock, the closing time, to avoid any interruptions.

Looking for Her

At 6:10 PM, we began our work. My friend lay back, and I

没干过的心里没底啊,先看看她的记忆里的最后一个瞬间是什么吧。这魂丢哪里了呢?

我拉着她的双手，尝试着潜入她的记忆中，看看两年前到底怎么回事。

试了半天，没有成功，一片空白。

没招，求朋友帮忙吧!

打了个电话，一个小时后朋友来了，我大致介绍了情况，他也很感兴趣。于是我们就在办公室耗着，等六点下班后能安静下来。我怕有谁误闯进来，看见什么吓到。

找人

六点十分，我们开始了工作。

朋友躺好，我给他催眠，把他的意识引到两年前患者发病的那天下午。然后，他的意识按照

hypnotized him, drawing his consciousness to the afternoon two years ago when the patient was frozen. He found the street number registered by the father and son and saw the patient in the kitchen, talking on the phone, just gossip among women.

Guarding her consciousness, he sped up time to the moments before her onset. He described, "She was standing there about to get a cup, walking two steps, and then just stiffened. I see nothing that scared her."

I asked him to watch for details and if any spirits were nearby. He switched the optical frequency and saw her soul violently swaying in the flesh, swinging faster and faster until it was ejected and left the body.

When the soul came out, it wasn't surprised. It looked back at the

家属登记的街道门牌找了过去，看到了刚做完午饭的患者在厨房打着电话。听了听，只是女人们间的八卦而已。

朋友的意识在那里守着她，快进时间到发病前的瞬间.....

朋友描述说："她站在那里正要去拿杯子，站起来走两步，然后就僵化了。没有看到任何东西或事情吓到她。"

我让朋友注意观察细节，旁边是否有什么灵体出门。

朋友切换了一下视觉频率，看到从患者身体里灵魂就像电视机重影了一般，在肉身上剧烈地晃动着，摆动的频率越来越快，最后被弹了出来，离开了肉体。

body, thinking about something. Then it poked and prodded at the body quickly, as if typing on a three-dimensional keyboard. Satisfied, it floated up toward the ceiling.

I hurriedly asked my friend's consciousness to follow and see what the soul was doing. Clearly, her soul had left voluntarily and even set up something in the body before leaving. It was the first time I encountered such an odd thing.

My friend trailed the spirit into the Bardo. The soul entered the light cave deftly and went to the spirit world. My friend didn't dare to follow, fearing he wouldn't return. I tried to persuade him, but he refused, saying the cave was the limit of his ability.

I was anxious. I said, "Please put a frequency projection of your energy into that soul, and I'll figure out the rest!"

魂出来后,没有什么惊诧,只是回头看着肉身,好像在思考什么。然后,在肉身上快速地戳点着,好像面对着立体键盘输入着什么。

很快就停了下来,然后又看看,好像很满意,就往天花板上飘了上去。

我赶紧让朋友的意识跟上,看看她的灵魂在玩什么猫腻。

很显然,她的灵魂是主动离开的,离开前还对身体做了些什么设置。第一次遇到这样古怪的事情。

朋友一路尾随着那个灵魂进入了中阴。然后灵魂非常轻车熟路地进入光洞,去了灵界。朋友不敢跟过去,怕回不来了。我再三劝说,他也不肯过去尝试一下,说这洞口前就是他能力的

My friend agreed and put a "signal transmitter" on the distant soul. Then, he woke up from hypnosis.

I discussed with him, "Can you go to the Hall of Souls before birth and see how her life's main theme was arranged? It's bizarre that she left her body and has been gone for two years. I've never heard of such a thing. Check how she planned her life."

(My friend is afraid of "death" but not of birth. In reality, it's the same place, just like the departure and arrival halls at an airport, separated by a wall.)

This time, my friend agreed readily. He had often gone there before to search for information and was familiar with the route.

He lay down again and entered the life review, going through childhood, infancy, the fetal stage, and finally to the Hall of Souls

极限了。

急死我了。我说：“这样，你往那个灵魂身上放一个你能量的频率投射，别的事情我想办法吧！”

朋友同意了，给那个远去的灵魂身上用意念放了一个“信号发射器”。

然后，朋友从催眠中苏醒了过来。

我和朋友商量：“你再跑一趟出生前灵魂大厅，去看看她的人生主旋律铺陈是怎么安排的。她自己从肉身里半路跑了，一走两年，这太古怪了，从来没有听说过。你去看看到底她是怎么规划设计的人生。”

（朋友怕“死”，但不怕出生。其实都是一个地方，只是像机场出发大厅和降落大厅一样，

before departure.

That place was always bustling. "People" moved in groups, heading to different dimensions, planets, and societies, all dressed in the driving suits for their respective vehicles, giving consciousness the appearance of a soul. The visual sensation was like a busy airport hall, with various misty shadows and the great migration of alien races. There were farewells, instructions, hurried departures, and calm goodbyes, all different.

I told my friend the patient's birth date. Figuring the soul would have to come down early to prepare, we set three months before as the point in time. He arrived then to keep watch. However, the waiting lasted three months and the soul didn't come down here at all. There was no design or plan for her life.

一墙之隔而已）。这次朋友倒是答应得爽快——之前“老”去那里找资料，他往返路径都很熟了。

然后又躺好，进入人生回溯，到幼年、童年、胎儿、投胎前、灵魂出发前大厅。

那里永远是那么的热闹：“人们”成群结队地来往着，去往不同的维度、星球、社会，都已经穿好了各自要使用载具的驾驶服，这让意识体有了灵魂的模样。那视觉感就是：忙碌的机场大厅里，各种雾化虚影，外星种族的大迁徙——送别的，嘱托的，匆忙的，从容的，各个不同。

我告诉朋友患者的出生日期。估计灵魂要早下来做准备，就比那个日期又早三个月作为时间点，传送到了那个时间节点上守着。这一等就

Unbelievable! Who is this lady? A VIP?

I'm at my wit's end. My friend asked me, "Isn't it time to come back and give up?"

Unexpected of the Unexpected

"Don't worry," I said. "Only five minutes have passed in reality, so we still have time. Now, go to the control tower at the top of the departure hall and find the person on duty today. I know someone there; once you get there, leave the rest to me."

It was my friend's first time meeting a "leader" in the hall, so he was a bit nervous. I reassured him, "Don't be afraid. I often go there for various matters. They are just monitoring and scheduling traffic, and they don’t hold any real power. It's more of a leisurely position, so they are easy to talk to. You go ahead, and I'll handle the

是三个月，灵魂居然没有来过这里，没有设计铺陈，也没有规划人生。

不是吧，这也太扯了吧。大姐啊，您什么人啊？VIP吗？

实在没招了，朋友问我：“是不是该回来了，放弃吧？”

意外中的意外

我说：“别急，现实中刚过了不到五分钟，我们还有时间。你现在去找出发大厅顶部调度塔里今天当班管事的人。我那里有个熟人，你过去，剩下的交给我好了。”

朋友第一次要去见大厅“领导”，心里有点儿颤。我安慰他：“别怕，我现在有事经常去。他们那里只是监控调度进出港人流，没有什么

communication."

When my friend arrived at the base of the giant crystal pyramid, he was immediately captured by the tractor beam and taken inside.

Once inside, he was overwhelmed by the magnificent interior. Watching the crowds flowing like rivers outside the crystal tower—souls coming for reincarnation and those returning after death, moving like car lights on a highway—he kept describing what he saw to me. I already knew about these and was not interested, urging him to hurry to the top floor to find the person in charge.

I was most curious about how a soul could be reincarnated without a pre-planned life outline. After all, this involves interactions among many souls—she has a husband and a son; she's not a lone deadbeat.

实权，也没有架子，是个闲差的衙门，很好说话。你只管过去，我来交涉。”

朋友到了巨大水晶金字塔下面，直接被牵引光束给捕获带了进去。

朋友一进入，被辉宏的内部震撼到了——看着水晶塔外边，犹若江河般来往的人潮，投胎去的，死回来的，在两个通道中犹如高速路上的车灯划过，他不停地给我学说他看到的东西。这些我早就知道，也不感兴趣了，只是催着他快点儿去顶楼找人。

怎么会有走后门投胎的灵魂是我最好奇的事情：我没有见过一个没有人生规划铺陈的灵魂，毕竟这涉及了一群灵魂的互动呢——毕竟她有丈夫、儿子，不是孤家寡人的死宅啊！

朋友终于到了顶楼，看到了当班调度，一个瘦

My friend finally reached the top floor and saw the duty officer, a tall, slender spirit body. It wasn’t wearing a spirit skin and appeared as a misty light, filling the entire crystal room.

As soon as my friend entered, he was inside the spirit, with the entire room becoming its body. My friend whispered to me, "Strange, the 'signal transmitter' I just released is here, on this guy."

No way! Was the 'signal transmitter' discovered by the administration when the patient’s soul returned two years ago? Was it detained at the control center? Are we coming to 'surrender' ourselves? How unlucky can we get?

While I was thinking about how to explain to the executive, the spirit started talking through my friend.

"Seems like you found out," the spirit said. "I didn’t think anyone

高纤细的灵体。它没有穿灵皮，自身一团雾光，在那里充斥着整个水晶房间。

我朋友刚一进屋就进入了它的体内，整个房间成为了它的身体。

这时，朋友小声地跟我说：“奇怪了，我刚才释放的那个‘信号发射器’在这里，在这个家伙身上。”

不是吧？！两年前，患者的灵魂回来时，那个“信号发射器”被管理发现了？扣留在管理中心？我们这是自己来“自首”了吗？怎么这么背啊！

我一心想着怎么和那个高管解释呢，那个灵体却先通过朋友和我说话了。

灵体：“还是被你发现了，我以为不会有人发

would discover this. Listen, it’s not what you think."

I was baffled. I thought I was caught red-handed. How come it seemed more guilty than me? What’s hidden here? Would it silence me? I might not even survive one round with such a powerful being.

I couldn’t think too much—it could scan my thoughts. I emptied my mind and listened to it. Seeing that I didn’t respond, it seemed even more nervous and said, "I was just temporarily filling in. The regular dispatcher was away, so I was just here for a short while. You know this is a leisurely position, and nothing significant happens here for hundreds of thousands of years.

The woman before you had signed up for three lives with the same life experiences, taking three different paths. This was supposed to be her final life, but she didn’t want to participate anymore. She

现这件事情呢。你听我解释，事情不是你想的那样。”

我立刻就彻底蒙了——不是我被抓包了吗？怎么它比我还心虚？这里到底藏了多大的猫腻啊，不会把我灭口了吧！这样的大神我多半斗不过一个回合的。

不能想太多——它能扫描我的思想。放空思想，一片空明，听它说，看看到底是怎么回事。

灵体看我没有接话，也没有表态，居然更心虚了，说道：

“我只是临时过来帮忙的。之前的调度有事情不在，我也就干一小会儿。你也知道的，这里其实就是个闲差，数十万年也没有一件屁大点的事情。

wanted to experience another dimension with her friends and pestered her mentor.

I happened to overhear this. Since it’s boring here, I thought her lifespan is just 62 years, and I wouldn’t be noticed if I left for a while to travel to the human world. So, I replaced her soul.

Unexpectedly, someone came to me for business not long ago. Afraid of being discovered, I hurried back. I thought I could handle both sides within a few hours on Earth. But things got delayed here, and two years passed on Earth.

When your friend entered my consciousness range, I knew the 'signal transmitter' was placed by you. I wondered who discovered my secret and how. It’s too strange, so I didn’t dare leave here to return to the body. So, what do you two want?"

你面前的那个女人，她是签署了三世同样的人生经历，走三种不同的选择轨迹。结果这次是最后一世，她却不想参与了，要和朋友们去另一个时空经历，和她的导师软磨硬泡的。

我正好听到了，就想反正在这里也是无聊得很，这个女人的阳寿不过62年，我离开一会儿也不会被发现，还能去人间游历一趟，就顶替了那个女人的灵魂来了。

没想到前不久，有人来找我办事。我怕被发现我不在这里，就赶忙回来了。本想也就地球上几个小时的功夫，这边应付一下，那边再回到肉身，两边都不会露馅的。结果事情一耽搁，地球上过去了两年。

你朋友刚才进入我的意识范围后，我就知道那个‘信号发射器’是你们放置给我的，我还纳

(Conscious beings cannot lie; all thoughts are transparent to each other, so no one bothers to make up lies as it's useless. But not being able to lie doesn't mean you can't tell half-truths...)

"I didn't mean to cause you trouble," I said. "It's all a misunderstanding. I'm investigating the woman's rigid body condition at her family's request. I didn't expect to trouble you this much, and I'm very sorry.

This matter stays between the three of us. Please return. This body is now 56 years old; you can leave in six years. If you arrange an accident, it'll be even shorter, and no one will notice you weren't in the control center. Come back with my friend; we understand your situation.

Leaving this body stiff at her home isn't a solution. When her

闷呢！

我匆忙跑回中控室脱下灵皮时，就发现身上有‘信号发射器’，我知道是有人已经发现了我的猫腻，可是谁发现的呢？怎么发现的呢？太奇怪了，我就不敢离开这里回到肉身上了。原来是你俩干的，你们想怎么样？”

（意识体是不能撒谎的，所有思想都是彼此通透的，所以没有谁去动脑筋编瞎话，因为一点用处也没有。但不能说谎不代表不能说一半的实话.....）

我说：“我没想给你找麻烦，都是一场误会。我只是在调查这个女人的肉身僵化事件，因为受到其家属的委托。没想到给你带来了这么多麻烦，非常地抱歉。

这件事就咱们三人知道，你赶紧回来吧。这个

husband, son, and neighbors return, it’ll cause a huge commotion. Return quickly, and I’ll explain to her family that it was a cured case of catatonia. They’ll forget about it in a couple of years."

The Night of the Soul's Return

Just then, the patient's body started shaking in the middle of the room. Luckily, a wooden stick supported her, preventing her from falling. The shaking grew more intense.

I hurriedly woke my friend from the hypnotic state and brought back his consciousness. We watched the female patient shaking as if she had stepped on an electric switch.

I quickly closed my eyes to “see”: light. A high light was operating something outside the body and then attached itself to it.

肉身现在56岁了，你再坚持六年就可以退出了。要是安排个意外会更短些，不会有人发觉你不在中控的。你跟我的朋友一起回来吧，你的事情我们都能理解。

你把这个肉身老这么摆在她家里也不是个事儿啊。等她丈夫和儿子、邻居们回来，一定会被讨论得沸沸扬扬的。你赶紧回来，我帮你和家人解释说是精神分裂的木僵症治疗好了，他们过两年也就忽略了。”

回魂夜

话刚说到这里，屋子中间的患者的身子开始晃动。好在有个木棍在撑着，没有直接倒下，抖动越来越剧烈。

我赶紧把朋友从催眠状态中唤醒，把他的意识收回。我俩看着那个女患者，跟原地踩了电门

The female patient, as if waking up from a hangover, swayed and began to move. My friend and I quickly helped her to the treatment bed, waiting for her to fully recover her bodily functions, as she hadn’t moved for two years.

After about half an hour, the female patient was fully awake, asked for water, and said she was very hungry. She asked where she was and who I was.

Seeing she had no memory of the past two years, I knew explaining would take a long time and she might not understand. I reassured her, "This is a medical clinic. You were brought here due to dizziness and have been treated. You’ll be observed overnight and can go home tomorrow."

I then called her husband and asked him to pick her up in the

一般。

我赶紧闭眼看：光。看见一个高光正在那个肉身外边操作着什么，然后附着进入了那个肉身中。

女患者犹如宿醉刚醒，摇晃着开始运动身体。我赶紧和朋友过去，把她扶到诊疗床上，等待她完全恢复身体机能，毕竟两年没有动过一下了。

大约半小时后，女患者已经完全清醒，想要水喝，并说很饿。问我她在哪里，我是谁。

我看她根本就没有这段时间的记忆，知道解释这些需要很多时间，而她未必能明白，就安慰她说：“这里是医疗门诊，你头晕被送医，现在治疗好了。今晚你住院观察，一切正常，明

morning. He was surprised and wanted to come immediately.

I explained that visiting hours were over and that, for safety, she would be observed overnight. I told him her illness was catatonia, now cured, and gave him my private number for any future issues.

I arranged for the patient to stay overnight, bought her some food since it was past dinner time, and drove my friend home. On the way, I instructed him not to talk about this incident, or he might end up hospitalized.

The next day, I called the nurse to check. She said everything was fine and the patient had been discharged.

Two weeks later, I received a call from the elderly gentleman. He sobbed, thanking me for saving his wife and making their family happy again. But an accident happened the previous day. His wife

天回家。”

然后和她丈夫通了电话，让明天一早来接妻子。电话里她丈夫的声音都变了，表示要马上来。

我解释说探视时间已经结束了，安全起见，今晚再观察一夜，明天一早来接就好了。他妻子的病就是木僵症，现在已经治愈了。今后如果有什么情况可以私下里联络我，并给了他我的私人电话号码。

然后，我安排了女患者留院观察一夜，给她买了些吃的，因为已经过了晚餐时间。然后送朋友回家，一路嘱咐朋友此事蹊跷，不要和身边人说起，不然要住院的就是自己。

第二天我休息，没有去上班。早上给护士打了电话询问情况，得知一切都好，患者已经出院，

fell down the stairs, broke her neck, and died before the ambulance arrived. He regretted not keeping her at home, wondering if the accident could have been avoided. It's all fate, he said.

I comforted him and hung up. Reflecting on the whole incident, it was indeed unbelievable.

Note:

The three souls, historically called "Tai Guang," "Shuang Ling," and "You Jing," are also known as "Main Soul," "Awakening Soul," and "Life Soul," or "Primordial Spirit," "Yang Spirit," and "Yin Spirit," or "Heaven Soul," "Cognition Soul," and "Human Soul."

The seven spirits are: "Smelly Lung," "Expelling Filth," "Non-Poison," "Swallowing Thief," "Sparrow Yin," "Hidden Arrow,"

我才放心。

两周后，我接到老先生的电话。他在电话里泣不成声，说很感谢我帮助他救回了妻子，让他们一家又可以幸福地生活在一起。只是昨天发生了意外，妻子下楼梯时一脚踩空，跌落了下去，脖子骨折，救护车没到人就已经没了。现在自己很后悔，要是那样供着不来治疗，或许不会出这样的事呢！都是命啊，都是命……

我安慰了他几句，挂了电话。回想整件事，真的是匪夷所思。

注：

三魂，古称“胎光、爽灵、幽精 ”，也有人称之为“主魂、觉魂、生魂”，或“元神、阳神、阴神”，或“天魂、识魂、人魂”等。

and "Corpse Dog." They are the "Impure Ghosts within the Body."

Smelly Lung: It governs the frequency and interval of breathing. It integrates the autonomic, sympathetic, and parasympathetic nervous systems. "Breath" refers to the pause between inhalation and exhalation, with a finite number in a lifetime. Disruption in breath frequency, shortness of breath, or sleep apnea indicates a disorder in the autonomic lung nervous system.

Expelling Filth: This refers to the liver, kidneys, and large intestine's autonomous metabolic functions, part of the autonomic and sympathetic nervous systems, responsible for expelling internal waste. Disorders like fatty liver, constipation, diarrhea, uremia, gout, and diabetes are symptoms of its dysfunction.

Non-Poison: "Poison" here refers to energy accumulation leading to

七魄是：臭肺、除秽、非毒、吞贼、雀阴、伏矢、尸狗，皆“身中之浊鬼也”。

臭肺：呼吸的频率与间隔。植物神经与交感神经、自主神经系统的总汇。息是吸与呼之间的停顿，一生之息有定数，息数尽而气不再行。气息频、短促或出气多入气少、睡眠窒息等，都体现出内在肺神经自主系统的紊乱。

除秽：是肝、肾、大肠的自主代谢功能，属于植物神经和交感神经的范畴，排除内在污秽废弃物的自主自动运作机制。 脂肪肝、便秘、便溏、尿毒症、痛风、糖尿病等等，都是其运作失常的症状产物。

非毒：毒这个字，是聚集的能量导致了失衡的后果。过于专注于某一状态，五志所伤七情所困，生出贪嗔痴心念，萦绕日久形成了能量旋

imbalance. Excessive focus on one state can create energy vortices, forming organic or functional obstructions like tumors, cancer, and stress. The body has self-healing abilities that require tranquility and rest.

Swallowing Thief: This represents the immune system's autonomous functioning, including white blood cells, lymphocytes, macrophages, and T-cells. Disruption by chemical toxins or lifestyle stress results in abnormal physiological responses.

Sparrow Yin: Refers to reproductive energy systems with their consciousness and energy cycles. Proper use maintains health, while excess or suppression leads to disorders.

Hidden Arrow: Represents reflexes and autonomic responses like knee reflexes, pain avoidance, and emergency reactions.

涡，裹挟物质形成器质性或功能性的障碍物：肿瘤、癌症、梅核气、拘紧等。身体有自我纾解与疗愈的能力，但这样的自愈力需要静心、调息、安枕作为前提。 现代人日思夜想，昼夜颠倒，肆意妄为，挥霍生命，然后把烂摊子交给“神医”，自己却毫无悔过。

吞贼：贼，外物入侵而默然窃取导致损耗；吞，吞噬。这个是自体自主免疫系统，白细胞、淋巴细胞、巨嗜细胞、T细胞等，拥有自我意识的单细胞附庸保健复合体系，击杀、吞噬、代谢、分解外来入侵物的体系。在化学药剂的毒害与自我生活对身心的扰动双重打击下，失去了或产生过激的生理回馈。

雀阴：雀者，小鸟，男阴女蒂，指生命力传承的能量体系。它也是拥有自我意识的体系，拥

Overactivity results in allergies, while underactivity leads to numbness.

Corpse Dog: Governs states of sleep, meditation, or fainting, serving as a guardian. Its disorder causes insomnia or excessive alertness, leading to unstable blood pressure and heart rate.

These seven autonomic nervous systems are independent of conscious thought and logical reasoning. They function as automated subsystems and vital systems for the body's vehicle, existing as a separate entity from the soul. They are not controlled by logical thinking but are influenced by emotions and daily routines.

The Three Souls

Brain, Sympathetic Ganglia, and Gut-Brain Neural Networks: Each

有自身的能量周期和定数。 运用得当可身心清爽,过度的抑制或挥霍都会形成其植物神经系统的紊乱，并且产生各种疾病，经久难愈。药石针艾可一时补益，缓解症状，但其行径品质却是根源症结。

伏矢：矢，弩箭；伏，躲避。条件反射能力。在非逻辑思维的情况下做出身体的有效运作，像膝关节反射、针刺躲避、冷热感觉、紧急避险、中毒后的呕吐或便溏。过激则过敏体质，不足则麻痹不仁。

尸狗：尸是睡眠、入定或昏厥时的状态；狗是看家、守护，觉察的。紊乱会导致或昏沉或惊觉无眠，血压与心率起伏不定，躁动不安。

这七套自主神经系统,与意识活动和逻辑思维无关,属于载具自动化驾驶的七套子程序和维

addresses different aspects:

Autonomous Logical Consciousness

Interactive Body-Mind Function Regulation

Internal Microbial and Body Conscious Interaction

They form the three souls:

Tai Guang: The Light of Life, Primordial Spirit, Fragment of the Source, Soul, and the Entity that Enters the Fetus.

Shuang Ling: Mind, Emotions, Reactions, Alertness, Wisdom, Awareness, and the Proficiency and Compatibility in Using the Body.

生系统，独立存在于灵魂之外自成体系。不受逻辑思维控制，但受情绪与作息的影响。

三魂——

大脑、交感神经节、肠脑神经网络，分别针对：

自主逻辑意识、交互身心功能调节、内在微生物群体与肌体的意识互动。

形成：

胎光——生命之光、元神、本源碎片、灵魂、入胎行者；

爽灵——心智、情志、反应、机警、慧根、觉察力、使用载具的熟练程度和契合程度；

幽精—— 既定命运。秉承于父母的菌群、地域的饮食、自身的人生功课安排、幕后左右乾坤的隐力。决定一个人的喜恶，确保命运和特

You Jing: Predetermined Fate. It encompasses the inherited microbiota from parents, regional diet, personal life lessons, and the unseen forces manipulating fate from behind the scenes. It determines an individual's likes and dislikes, ensuring the interplay of fate and specific roles, generating events at specified time points. The hidden aspect is "You," and the energetic aspect is "Jing."

定的角色形成制定的互动关系,并生成在指定时间节点上的故事环节。一切隐藏在暗处的是幽，而有能量的为精。

## Case 10: Home

This case happened sixteen years ago.

At that time, my life was on track, and everything was unfolding smoothly. So, I decided to use my savings and loans to buy myself a “home”.

Chinese people are accustomed to living in apartment buildings in China. So, when they go overseas, they naturally want to change the setting and get themselves a small villa with a yard so they can enjoy their own independent space. Considering my small business, I also needed an office and a waiting room on the first floor to make some extra money.

As if I had been blessed, a house in a great location and in good condition was up for sale and the price was very fair. After two viewings, I closed the deal, renovated it and then moved in.

## （十）家

事情发生在十六年前。

那时，我的人生进入了轨道，一切顺遂地展开着，于是决定用手中的积蓄加贷款给自己买个“家”。

中国人在国内住惯了楼房，到了海外自然想换个感觉，给自己搞个带院子的小别墅、属于自己的独立空间。考虑到自己的小生意，还要在一楼能有办公室和候诊室，方便自己赚些外快。

好像得到眷顾一般，一个地理位置特好、而且各方面条件都不错的房子在出售，而且价格非常地公道。看了两次就成交了，然后装修，乔迁入住。

And so, the story began.

Not long after I moved in, noises started to appear in the house at night, as if someone was walking about. I would get up and go out of my bedroom to check - no one was ever there.

I am not normally afraid of ghosts, but fear thieves because I can't beat them. I checked around and found that it was the dampened solid wood flooring going through thermal contraction at night, which was normal for old houses. I didn't think much of it and went back to sleep.

Two weeks later, I invited all my friends over for a housewarming. My friends also brought their children. The kids were running around up and down the stairs playing hide-and-seek. My friends and I were talking and drinking, having a great time.

After a while, all the kids ran up to me and said there was a grandpa and grandma in my closet. They wouldn’t let them hide there and

结果故事就这样地开始了。

入住没多久，晚上屋子里总是有响动，好像是人在走路。我就起床走出卧室去查看——没人。

我不是怕鬼，怕是小偷，主要是打不过后者。查看了一圈，发现是实木地板受潮后在夜里释放白天吸收的热张力。老房子了，自己会不时地动动很正常，没在意，又去睡了。

两周后，请所有的朋友来家里做客贺新居。朋友还带来了他们的几个小孩子。小孩子们在楼上楼下地跑玩着捉迷藏，好热闹。我和朋友们都在聊天喝酒。

一会儿，发现孩子们都跑了过来，说我的壁橱里有个爷爷和奶奶，不让他们藏在那里，

banished them out.

One of the kids was born with a third eye. She was less than five years old. She could see everything – if you show her a picture, she could tell the name of the person in the picture, his past and the cause of his death. Her parents were terrified about this and came to see me often; so, we became friends. I also thought highly of this child. For what she was capable of at such a young age, she could make great achievements in the future.

If she said there was someone, there had to be someone. I didn't want to upset other guests, so I improvised and said that there were medical manikins in the closet. And I told the kids not to touch them and go play elsewhere.

After seeing off all the guests and cleaning up rooms later in the evening, I remembered the "grandparents" in the closet - who were they? Were they passing by or staying? Shouldn’t they have

往外轰他们。

这群孩子里有一个是带着三眼出生的，不到五岁，什么都看得到——你随便拿张照片，她就能说出这照片的人名、过往与死因。父母吓坏了，经常来我这里看病，成了朋友。我也很看重这个孩子，小小年纪今后不可限量。

她说有人就一定有人，我不想吓了客人，就顺口说壁柜里有医用人偶，叫孩子们不要去乱碰，到别处去玩就好了，算把事情糊弄了过去。

傍晚，送走了所有的客人，收拾完房间，想起了壁柜里的“爷爷奶奶”——这是哪路的神仙啊？过路还是借宿啊？也不和我这

greeted the house owner first?

I went over and opened the closet door straight away. It was empty. Nothing was there! I closed my eyes and “looked” again, still empty. Mo energy response.

That was strange. Were they just passersby? I searched around. Still nothing. I was tired, so I went back to bed.

I didn't think much of it for a long time. Until one day, six months later, I went upstairs to get something and almost collided with an old gentleman. I instinctively said sorry and passed through him. And only then, I came to realize that he was a ghost.

He was also startled and stood there frozen for a moment. I looked back at him carefully and told him we needed to talk later. Then I ran back to my room, got my patient’s data, and went downstairs to take care of my patient.

个主人说一声。

走过去，径直打开壁柜的门一看：空的，什么也没有啊！闭眼再看，还是空的，没有能量反应。

奇怪了，路过的？找了一圈，和没有一样。累了，回屋睡了。

之后很久没有放在心上。直到半年后有一天，我突然上楼拿东西，和一个老先生差点撞个满怀，我还下意识说对不起借过，然后就从他身上穿了过去。过去了才反应过来——对方是鬼。

他也一愣，一时呆在了那里。我回头仔细看了看他，和他说等会儿我们说说。然后跑回房间拿资料，下楼去处理病人。

After the patient left, I went back upstairs. The old gentleman at the stairway was still standing there.

He looked a little nervous and uneasy. He dressed very modern. Apparently, he was a new ghost (ghosts' dress styles were usually what they looked best in their times when they were alive).

I looked at him and asked, "Are you staying, or just passing by? You've been here before, right?"

The old gentleman looked at me and then looked around me. After a moment of hesitation, he said, "This was my home. I lived here. I was a pastry chef. Your consultation room was my pastry store."

I took another look at him. He had a strong smell of alcohol, but he looked like an honest man. I didn't think he was lying.

I asked him: "Do you know that you're dead? Why are you still here? It was you in the closet before, wasn't it? Is your wife here

等病人走了，我回到楼上。楼梯口那个老先生还站在那里。

他看上去有些忐忑、甚至局促的感觉。看他的着装很现代，是个新鬼（鬼的着装风格都是他自己那个年代里认为好看的）。

我看着他，问："您这是借宿啊，还是路过啊？之前来过吧？"

老先生看着我，又看看我前后，犹豫了一下说："这是我的家，我住在这里。我是个糕点师傅，你现在的诊室就是原来我的糕点铺子。"

我又打量了一下他：他身上有浓郁的酒气，但是个老实人的样子，不像在撒谎。

我问他："你已经死了你知道吗？为什么还

too?"

The old gentleman nodded and called his wife out. She also came out from the closet (honestly not many ghosts live in closets).

The old lady looked at me even more cautiously than her husband, like a little girl who had made a mistake and was facing an angry teacher who was asking for her parents.

I got curious: What was this about? Did it mean that something happened here before? No wonder the house was on the market with a ridiculously low listing price for such a long time. The locals had to know what had happened. I was a foreigner, and no one would warn me. And the agent was eager to sell a haunted house as soon as possible.

Reason

I found myself a chair in the hall and sat down. They both stood

留在这里？之前在壁橱里的也是你吧？是不是这里还有你的老伴啊？”

老爷爷点点头，把老伴叫了出来，还是从壁橱里出来的（住壁橱的鬼真心不多）。

老太太比老头还小心翼翼地看着我，就像是犯了错的小姑娘，见到了发脾气要请家长的老师一般。

我开始好奇了：这是哪出啊？难道说这里发生过什么？怪不得价格好得离谱，还能挂着没人买。一准周围老外们都知道发生过什么，而我一个外国人也没有人会提醒我。中介更是高兴能尽快出手这样的“凶”宅了。

缘由

我自顾自地找了一把椅子，坐在大厅里。他

aside - ghosts wouldn't get tired from standing. They could sit if they wanted to, but that would be more of a habit than a need for ghosts.

I asked them, "Tell me, what stranded you here? Is it because you want to keep the house, or guard your treasure, or to continue to live your life in this house?"

The old gentleman floated closer to me. This brought a chill which made the fine hairs on my arms stand up. I quickly asked him to move a little farther away.

Embarrassed, he returned to his original position and began to speak:

"As I got older, I became more and more addicted to alcohol, and my hands shook a lot. My doctor said it was Parkinson's. I couldn't make cakes anymore, so I lived with my wife. She had a stroke and had trouble walking, so she often watched TV in her bedroom

俩站在一旁——鬼倒不会站累了的，可以坐，如果想的话。不过那属于生活习惯，而不是身体需要。

我就问他俩："说说吧，为什么滞留在这里？是为了守着房子，还是为了守着宝贝，或者想继续过日子？"

老先生飘了过来，离我近了些，有股寒气，我胳臂上的汗毛就立了起来。我赶紧叫他稍微远点儿说话。

他不好意思又退回原位，开始说道：

"我上了岁数后，酒瘾愈来愈大，而且手抖得厉害，医生说是帕金森。没法做蛋糕了，就和老太太一起生活。老太太那时有中风，行走不便，经常自己在卧室里看电视。

alone.

One day, I got a little drunk when our son came with his kids to visit us. My little grandchildren were running around. Then they knocked me down the stairs. I tumbled down the stairs and broke my neck. When my son saw that I was dead, he panicked and rushed off with the children.

My wife called me from her bed. Hearing no response, she crawled over, looking for me. She saw me at the bottom of the stairs and tried to go downstairs. I had left my body and desperately shouted at her not to come downstairs. I tried to stop her, but she didn't sense me and managed to reach me.  When she found out that I was dead, she wailed. She wanted to call an ambulance, but in the end, she didn’t because she worried that it could get my son’s family in trouble.

She didn't eat or drink for three days. She simply sat by my side and

一次自己喝得有些醉了，正赶上儿子带孩子回来看父母。结果小孙子小孙女在跑闹中，把我撞倒在楼梯口，然后顺着楼梯翻滚了下去，折断了脖子。儿子看出了人命，很是慌乱，赶紧带着孙子孙女走了。

老太太自己在床上叫我，听不到反应，就爬过来找我。看见楼梯下的我，就一拐一拐地想下楼。我那时已经不在身子里了，拼命地喊她不要，想拦着她，可是她没有感觉。她好不容易到了我身边，发现我已经死了，放声大哭。她想打救护车，但犹豫了再三没有打，怕连累了儿子一家。

就这样过了三天，她没吃也没喝，就坐在我身边陪着我，我也就在她身边陪着她。三天后她昏迷了，我赶紧去儿子那里，叫他来救

kept me company. I stayed by her side, too. She fell into a coma after three days. So, I rushed to my son's place, calling him to come to rescue my wife. But he couldn't see me. I told him again in his dream. However, instead of coming home the next day, he went to church to confess.

After another two days, my wife came out of her body as well. Now we could see each other. At that time, a neighbor called the police because smells began to get out. The police came and called our son. He was also surprised and said he hadn't been here for a few days.

The police determined that it was an accident and closed the case. Our son held a funeral for us. We didn't go because we didn't want to live in the grave he had arranged for us. We had our own home.

After that, several people came to see the house, and we managed to scare them away until the day you came to see the house.

人，可是他看不见我。我又托梦给他，结果他第二天去教堂忏悔，可是就是不回家来。

又过了两天，老伴也从身子里出来了，我俩才彼此相见。这时邻居在外边闻到了味道，报警了。警察来了，叫来了儿子。他也很惊讶，说有日子没有来了。

警察认定是意外，就结案了。儿子主持了丧事，我和老伴都没有跟过去——我们不想住在他安排的坟墓里，我们有自己的家。

之后来过几批看房子的人，我们都想办法把他们吓跑了，直到那天你来看房。

我们也本想把你轰走的，但是你太亮了，不像其它房客。而且还带来了好几个我们看着很凶的灵体在里里外外地巡游。那感觉看着

We wanted to scare you away too, but you were too bright, unlike the others. In addition, you also brought several fierce looking spirits who would patrol around the house. We were frightened, so my wife and I decided to hide for a while, so we didn't show us to you.

Every time you visited, there were always several intimidating spirits that followed and wandered around. We hid farther away and didn't dare to come home until you left.

Then, quite unexpectedly, you moved in, and those spirits also moved in. My wife and I figured that you and the spirits would not be afraid of us. Who knew? We might even be bullied.

We just died less than half a year ago. We didn't know where to go and whom to reason with. We wanted to talk to you; but we were afraid you could not hear us and weren't sure what those spirits around you would do to us. Therefore, we had been wandering on

就害怕，我和老伴商量先躲躲，就没有和你见面。

之后你每次来，都是有好几个令人畏惧的灵体跟随左右，不停游荡，我们就躲得远远的，直到你离开，我俩才敢回家。

没想到最后你搬了进来，那几个灵体也都跟着住了进来。我和老伴估量着，你们那几个都不会怕我俩的，搞不好我俩还要被欺负。

这刚死不到半年，真不知道要去哪里，和谁讲理去。想找你说说吧，又怕你听不见、你身边的那些灵体对我们怎么样。这不，就一直在街上游荡着，可是这也不是常事啊！

前些日子看那几个灵体都离开了，我和老伴商量着就回家住吧。怕给你添麻烦，这不就

the streets. But we couldn’t do this forever!

A few days ago, we saw those spirits around you left. My wife and I decided to come home. We were afraid to disturb you, so we lived in the closet. We need nothing but a place to stay."

At this point the old lady slowly moved a bit closer to me and said,

"We have been watching you for almost half a year. You are a good doctor. And the spirits that came with you are also good. You will not bully us, right? We won't cause any trouble for you, and we won’t try to drive you away. If your ‘spirit friends’ can stay, can we stay too? We really don't know where to go except here. My husband really doesn't want to go to the cemetery our son got us. He is still mad at him and blames him for my death. My son had been timid since he was a kid. His father lost his temper every time he drank. They quarreled a lot in the past."

住在壁橱里了。我们也没有什么需要，就是找个能呆着的地方。”

说到这里，那个老太太才慢慢地靠近了一些，说道：

“我们看了你小半年了，你是个好医生，你的那几个帮忙的也都是好人。你们不会欺负我们的吧？我们不给你捣乱，也不轰你走，你的那些“朋友”能住，是否也可以让我们接着住啊？我们真的不知道要去哪里了，老头子就是不想去儿子准备的墓地里。他生儿子的气，他怪儿子害死了我。我那儿子打小就胆子小，他爸喝完酒后脾气又臭又拧，原先没少吵架。”

家

Home

After listening to the old couple, I felt sorry for them. I moved into their home and caused them to wander on the street for months. It shouldn’t be like this.

So, I said to them,

"You two feel free to stay. You can stay in your own bedroom, and I will sleep in the other bedroom. I will talk to my 'friends'. No one will hurt you. They are good guys. If you have any discomfort, they will help to cure you. (The old man was still with a stiff neck, and the lady still walked unsteadily. In fact, they could always manifest a healthy body, but they failed to do so because their beliefs solidified their deformity).

From now on, we will all live together. You can stay if you want. If you have any questions, ask those spirits. They happen to be out on errands for now, but they'll be back in half a month. They all have

听了老两口的话，我倒觉得自己对不起他们了：人家的家我住了进来，害得老两口在街上逛了好几个月，什么事儿啊！

我就跟老两口表态：

“你们踏实住着，就住你们的卧室里。我住旁边那个卧室。我会和‘朋友’们说，谁也不会伤害你们的。那些都是好人，你们有什么不舒服，它们会帮着都给治好的（老头梗着脖子，老太太还是走路飘着画龙，其实它们可以随时显化成健康的样子，但是老两口没有上到更高的中阴自己，是信念还固化着自己的形态）。

今后大家一起生活，爱住多久住多久，有什么不懂的就问那几位，它们正好出去办事

been dead for hundreds of years and are much more experienced than you."

So, we lived together in the house. They were quiet and never bothered me when I had patients. Sometimes, they went out for a walk or took care of the plants in the yards (ghosts can take care of plants but the plants will wilt for days after that).

They always avoided me when they walked about. I didn't know if it was because they were afraid their Yin Chi would hurt me or because they were afraid to get hurt by my Yang Chi.

My “spirit friends” returned after some time. They liked the old couple and even wanted to help them to teach their son a lesson. Even though the old couple were mad at their son, they still wanted to protect him, so my friends couldn’t do anything about it.

A few more months passed. It was the end of the year. I decorated a

了，有半个月也就回来了。那些都是死了几百年的家伙了，比你们有经验。”

就这样，我们就一起生活在一个屋子里。他俩倒也安静，我有患者的时候也不过来打扰，没事出门去遛弯，在前后花园照顾一下花草（鬼能照顾植物，不过照顾后植物能蔫上好几天）。

他俩走道总是避开我，不知道是怕他们身上的阴气伤了我，还是怕我身上的阳气伤了自己。

之后我的朋友们回来了，很喜欢这老两口，甚至还想去帮他俩好好地找他们的儿子晦气。老两口气儿子又护着儿子，大家也没辙。

又过了几个月，快阳历新年了，我布置了圣

Christmas tree. The old couple came to say goodbye to me.

I asked them what happened. They said someone from their hometown had come to pick them up. They were supposed to die at the end of the year, but they died a few months earlier than expected because of the accident. Now, the time had come, and they would go home.

They were grateful that I took care of them these days. Besides, they learned a lot from my friends, who also cured their disease. They also said the luckiest things in their life happened after their death as the knowledge they learned in the past few months surpassed all the knowledge they gained before death. And their mindsets were changed. They were truly grateful for my spirit friends.

Then, as the candles were lit, they floated up from the dinner table to the ceiling. There was light when they left, scattering down like

诞树，老两口那天来和我道别。

我问怎么了，他俩说，老家来人接他们了。本来应该是今年阳历年前阳寿尽的，结果意外早走了几个月。这不，现在日子到了，来人接他们回家了。他们谢谢我这些日子的照顾，和我的朋友一起学到了不少道理和见识，还治好了病。现在是时候上路回家了。还说这一辈子，最幸运的事情都发生在死后的这几个月里，收获的知见和改变的心态比这一生都多，很谢谢我的那些朋友们。

然后，在蜡烛点起来时，他们从晚餐桌前飘上了天花板。走的时候有光，像花粉般散落下来，像阳光下飞舞的粉末，有午后阳光的味道。

pollen. It was like powder dancing in the sun, with the smell of afternoon sunshine.

After many years, I got acquainted with the neighbors. They vaguely asked me several times: Were you comfortable in your house? Did you find anything strange?

I always smiled and said, "It's very good, very cosy. It‘s my home, but also the home of many others."

多年后，和附近的邻居都住熟了，他们还很隐晦地问了我好几次：我家住得可还舒服吗？没有发现什么奇怪的事情吗？…… 我总是一笑说：“很好，很温馨，那里有我的家，也是很多人的家。”

**Q&A.**

Q: I'm curious about the spirits that followed you and scared the old couple in the story. Can you talk about them?

A: There was my master, my master’s friends, and "friends" of my real-life friends. They liked to get together and talk about things that interested them, basically nothing to do with me. They were all old

**答疑：**

Q：好奇故事中跟随你的几个让老夫妇害怕的灵体，能简单说一下吗？

A：有我师傅、它的朋友，还有现实中朋友的“朋友”。它们喜欢聚在一起，说一些它们感兴趣的事情，基本和我无关。都是些老

ghosts who believed in different approaches to enlightenment and formed their obsessions that they must reach a certain level before they would leave this world.

Later when I "grew up" and showed them the "reality", they started to realize that the spirits' world was also just a staged show. Over the years, they had let go of their obsessions and left one after another. Several of my friends at the time were upset with me because after these spirits left, my friends lost their secret power and their income was cut off.

的修行者，信仰的法门不同，但都形成了执念，必须要修行到那一个阶段才肯离开红尘。

后来我“长大”，给它们看了“实相”，它们才意识到灵界也不过是一个舞台剧而已，几年里纷纷地放下，“走”了。为此我当年的好几个朋友都很不爽我——它们放下了，朋友们没了神通，吃饭成了问题。

# Case 11: Exorcism

Prologue

This incident occurred three summers ago. I had just started my day at work when a priest arrived. It is quite rare for a priest to see a psychologist, and even rarer for them to come dressed in their clerical garb. Could he be here to save me? The priest was one of the three senior priests in our parish, well-known to everyone. People greeted him and let him skip the line.

The priest walked straight into my office, closed the door behind him, approached me, and whispered, "Do you have time? There's a troublesome matter at our place that needs your insight. Can you come with me?" I was in a dilemma. It was just the start of my workday, and patients were lining up

# （十一）驱魔

前言

事情发生在三年前的夏天，我早上刚上班，来了一个神父。

神父看心理医生是很少见的，来也不会穿着制服过来，难不成是来挽救我的?

神父是我们教区的三个老神父之一，大家都认识他，都打招呼，并让他不用排队。

神父径直走进办公室，然后反手关上门，走近我，低声地说：

“你有时间吗？我们那里有一个很麻烦的事情，需要你的说明，你能跟我走吗？”

我很为难：刚上班，一楼道的患者排队呢，你又不说

outside.

Without knowing what the issue was, I couldn’t just leave. So, I said, "I just started my shift, and there are patients waiting outside who have appointments. How about we talk after work? If I can help, I will." The priest hesitated, wanting to say more but stopped himself, seeming concerned about people overhearing. He agreed to come back at 3 PM after my shift ended.

At exactly 3 PM, the priest returned, looking even more urgent than in the morning. He immediately asked, "Shall we go now?" I had a bad feeling — his urgency didn’t match his usual calm demeanor or age. I asked, "What is the matter? Do I need to prepare anything? I can’t just go empty-handed!" The priest paused and said, "I don't know the exact situation either. The person is currently healthy and fine. We need you to come and

明白什么事，就叫我跟你走，这不是纯粹挖坑呢吗？不跳。

于是说：“刚上班，外边都是预约的患者，不好现在离开，有什么事下班再说吧，如果我能帮上忙的话。”

神父还想说些什么，但一犹豫，欲言又止，还像很介意门口的人听见一般，约了下午三点下班后再来找我。

三点刚到，神父就又进来了，比上午显得还急迫了一些。上来就问：“现在咱们走吧！”

我隐约感觉很不好的预感——他的急迫与他的身份和年龄很不匹配。

我问：“到底是什么事情啊？ 我需要准备些什么吗？我不能就这样空手过去吧！”

神父停顿了一下，说：“我也不知道是什么情况。人

see what's going on. Another perspective would be helpful." His response piqued my interest.

Clearly, there wasn't any immediate danger. But given his urgency today, there had to be something significant and unstable going on. I changed clothes, and his car was parked in the nearest handicapped spot, with a driver waiting. Sometimes, priests have privileges exceeding those of government officials, especially since people rely on them for major life events. No one would hassle him.

Instead of heading to the city's main cathedral, we went to a suburban clergy retreat. It was a seminary and a guest house for visiting priests. Many young, beautiful girls were training to become nuns there. The place had a somewhat semi-military management style, being quiet, solemn, and a bit rigid.

现在是健康的，没事。你就去看看到底是怎么回事，多个人多条思路。”

他这么一说我倒感兴趣了，显然现在没有什么大危险。但看他今天着急的样子，应该是危机四伏和相当不稳定的预期。

我换了衣服，他的车就停在出门最近的残疾人车位上，司机就等在那里——神父有时的特权比政府官员的还高些。毕竟一般人生老病死、婚丧嫁娶，都要指望人家主持，谁没事找他麻烦呢！

我们没有去市中心的大教堂，反而去了郊外的神职人员进修会所。那是一个神学院，也是来往神父的招待所。大批年轻美丽的女孩在那里进修成修女。那是一个独立的大院子，有点儿半军事化的管理体制，安静庄严，有些刻板。

## Hidden Evil

After the car stopped, I followed the senior priest into the seminary's side building. We went up to the third floor, where there was a small conference room. It was already past 4 PM. Inside the conference room were three people, seemingly waiting for us: a girl in her twenties, a middle-aged priest, and a middle-aged nun. Upon seeing us enter, all three stood up.

The middle-aged priest politely shook hands with me. The young girl stood shyly in her place. The senior priest told the middle-aged priest, "You explain the situation. I haven't had time to brief him." I thought to myself: You never intended to explain, did you? The middle-aged priest quickly pulled up two chairs, inviting the senior priest and me to sit. He stood by, pointing to the girl: "Her name is A. Three days ago, she came to the church with her parents, requesting an exorcism. For the

## 隐藏的罪恶

车子停稳后，跟随老神父进入了神学院的副楼。上到三楼，那一层有一个小会议室。这时已经下午四点多了。

会议室里有三个人，看来是在等着我们的到来：一个二十多岁的女孩，一个中年神父，一个中年修女。

看见我和老神父进屋，三人都站了起来。中年神父迎上来，很礼貌地握手。

那个年轻姑娘有些羞涩地站在原地。

老神父对着中年神父说："你把事情都介绍一下吧，我还没来得及说。"

我心想：你压根儿就没想说好吧！

past two years, she has been tormented by demons in her dreams every night, making her life miserable. She's now even afraid to sleep. The demon even tries to control her body, making her dance or do other things. Her parents are terrified she might hurt herself, so they tie her to the bed every night.

She has undergone psychological and psychiatric evaluations, which found nothing wrong. Her brain scans showed she was completely healthy. We believe she is entangled by an evil spirit. For two consecutive days, we have prayed and performed exorcisms for her. But the demon is strong, unafraid of holy water or sacred words, and even blasphemes against God.

Tomorrow, her parents plan to take her home. If we cannot exorcise the demon tonight, she will have to go to a psychiatric hospital, although she is perfectly healthy. Her parents are on

中年神父赶紧搬了两把凳子,请我和老神父坐下。然后站在一旁，没有走开的意思，指着那个姑娘说道：

“她叫A，三天前和父母一起来到教堂，请求进行驱魔仪式。她在过去的两年里边，每天梦中持续被恶魔骚扰，苦不堪言。她现在甚至害怕睡觉。那个恶魔甚至试图控制她的身体、舞蹈或做一些什么事情。她的父母很害怕她会伤害自己，只好每天晚上把她捆绑在床上。

她之前做过心理学和精神病学的评估,没有诊断出任何的问题，大脑也做了检查，报告中说她完全健康。我们认定她是被恶灵纠缠，连续两天为她祈福和驱散恶灵。但是那恶灵非常强大，不但不畏惧圣水和圣灵的话语，还嚣张地说出亵渎上帝的言语。

the brink of madness, and so is she.

Tonight, we want to try the ultimate exorcism ritual and spells. We need a competent doctor present. After inquiring with all medical units, you were the only suitable candidate for today's task.

We know this is beyond your usual medical duties, but we assure you that the church will take full responsibility for any consequences. You only need to provide professional medical assurance and any other assistance you can offer.

We will record the entire process for documentation."

### The Exorcism

I didn't sense they were seeking my opinion. If I declined, I would probably have to find my own way home. Besides,

明天她的父母将接她回家。如果我们今晚不能驱散这恶灵，她只能去住精神病院，虽然她是全然健康的。因为她的父母快疯了，她也快疯了。

我们今天想尝试终极的驱魔法阵与咒语，需要能帮得上忙的医生在场。询问了所有医疗单位，最后只有你比较合适今天的工作。我们知道这超出了你的医疗协助范围，但我们保证一切后果由教会承担，而你只需要提供最专业的医疗保证和你其他能力上的辅助。我们会全程录像，保留资料。”

### 驱魔

我没看出他们是在征求我的意见。我想我要是不同意，只能自己打车回家了。而被恶灵附体的实例我还

I had never witnessed a case of demonic possession. I always thought demons were self-serving entities with different perspectives, behaving oddly.

While they might not respect weak earthly beings, they had no interest in actions with no benefit to them. They usually targeted weak-willed individuals tired of their bodies. However, this girl had abundant energy and vitality, not resembling someone plagued by a demon. But all the evidence pointed to demonic possession.

What was really going on here?

I agreed to help, on the condition that if they failed or if the girl's life was endangered, they would let me take her to the hospital overnight, with her parents picking her up the next day. The priests glanced at each other and

真没有见过。我一直觉得恶灵都是些利己的和观念不同、做事乖张的意识体。虽然它们对地球上的这些弱小的生命并不十分尊重，但没利可图的事对于它们也是没有诱惑力的。它们的行动一般随机性很小，会挑选意志力薄弱，并对自己身体厌倦了的人下手。

可是这个姑娘灵气充裕，生命力旺盛，一点儿也不像被恶灵纠缠的样子。但所有神父说的证据都指向恶灵侵袭，其中到底隐藏着什么猫腻呢?

我同意合作，但条件是：如果他们失败了，或女孩中途有什么非常危害生命的情况，请把女孩交给我今晚带回医院处理，让她父母明天到医院领人。

神父相互看了看，点头同意。我知道，他们巴不得如果不成功，能甩包袱呢!

正式的驱魔开始了。

nodded in agreement. I knew they would be glad to offload the burden if things went south!

The formal exorcism began. The senior priest led us to a small chapel on the ground floor, brightly lit. In the center was a chair for the girl, where she was strapped with leather belts and given a rubber mouthguard. The chair was placed in the center of a large white cloth marked with a black hexagram, filled with ancient symbols.

Twelve nuns, not students, dressed in blue robes, holding long candles, formed a circle around us, chanting hymns. The melodies were beautiful, clearly well-rehearsed, praising God's love and the glory of salvation. The priest used a small brush to sprinkle holy water on the girl, reciting from an ancient book, his words indistinct.

老神父带领我们几人来到一楼的小礼堂。里边灯火通明，屋子中间一把凳子，让女孩坐下。然后手脚都用皮带束缚住，还让她咬上了一个橡胶牙套。

那把椅子摆放在一块很大的白布中间。白布上画着黑色的六芒星法阵，各种符号在各处线条中，呈现出古老的单词。

又进来了十二个修女，她们不是学生，都穿着蓝色的袍子，手里拿着长蜡烛，围着我们站了一圈，开始合唱圣歌。很好听，可以看出是排练过许多次的。歌词大意始终就是歌颂主的慈爱，愿迷途的山羊，领会到荣光的爱，等等……

神父拿着一个小扫把，把圣水均匀地抖落在女孩身上，拿着本厚厚的古老的书，念念有词，但含混不清。不时爆喝一声，很有斥责之意，还不断重复着：说出

Occasionally, he would shout angrily, demanding the demon reveal its name. Observing the process, I realized these were common hypnotic techniques: The choral chanting formed a background melody and strong psychological suggestion; the hexagram and flickering candles created a mystical atmosphere; the priest's unclear words focused attention, and his sudden shouts aimed to separate the patient's consciousness from self-awareness, guiding her into hypnosis.

Soon, the girl fell into a hypnotic state. Under the priest's questioning, she began to speak. But the voice was that of an old man, with a raspy tone. He spoke in a dialect from a mountainous region 300 kilometers away, which I had heard before, so I understood some of it.

你的名字。

我在一旁观摩着整个流程，心里清楚，这些都是心理学常用的催眠手段而已：

人声合唱重复单调的歌曲，形成了背景旋律和强烈的心理暗示；地上的法阵与周边摇曳的蜡烛，交相辉映，营造出迷离的时空感；神父含混的言辞，让人想要听清楚，而集中了注意力；突然的爆喝，问出你是谁，说出名字，是让患者与自我意识剥离，进入催眠中，而注意力被引导抓去。

其实一个二十块钱的音响、一块不走的怀表，和不停地数数加引导词也能达到同样的效果，就是可观赏性没有这样强而已。

很快，女孩就进入了被催眠状态。随着神父的一声声质问，那个女孩开始说话了。

This dialect is now rarely spoken, as the country has been standardizing the language from kindergarten. The two priests had never heard this dialect, thinking it was demonic speech. They kept demanding his name, ordering him to leave the girl's body in the name of God and Christ, threatening the Archangel would smite him if he didn't comply. The old man either didn't understand their "Mandarin" or ignored them, speaking his own logic.

It was a conversation of chickens talking to ducks. I could tell the old man understood more of the priests' words than they did of his dialect. The priests grew agitated, pressing a crucifix on the girl, using incense smoke, sprinkling holy water, wrapping her with rosary beads, and pressing a Bible on her head, making the old man

但那个声音明显是一个老男人的声音，甚至有些烟嗓。

他说的话是三百公里外山区的方言，我之前听过，所以能听懂一些。这样的方言估计现在没有几个人在说了，全国都在统一语言，从幼儿园就开始了。

两个神父显然没有听说过这种方言，认为对方在说鬼话。然后问他的名字，并不断重复命令他离开这个女孩的身体，以上帝的名义、以基督的名义，再不走就叫大天使下来斩杀了你，等等。

那个老男人不知道是听不懂他们的“普通话”，还是不爱搭理他们，自顾自地说着自己的道理。两边可谓鸡同鸭讲地交流着。我可以明显地感觉到，老男人能更多地听懂俩神父的话，但神父明显听不懂老男人的方言。

very annoyed.

He shook the girl violently, causing the priests to intensify their efforts. I roughly understood the old man's point: accusing the priests of deceit, denying their faith, claiming the afterlife was different, and calling them out for misleading people. His struggle wasn't out of fear but irritation, like being groped on a crowded bus with no escape.

## Heritage

After over half an hour of this struggle, the priests were exhausted. Suddenly, the old man let out a horrific scream, and the girl's body went limp, as if everything had abruptly

不一会儿，神父说急了，又是拿十字架往女孩身上按，又是拿香的烟去熏，拿圣水泼，拿念珠缠，拿圣经压脑袋，搞得那个老男人很是不爽，烦躁不堪，带着女孩一起抖。神父看着有用，就更卖力气地在玩耍着。

我大体听出老男人的意思，是说： 你们这些欺世盗名的人，用这些把术来坑人。你们的信念是错的，没有你们的那个神。死后的世界完全不同，不要再骗人了，等等……

他的挣扎完全不是出于害怕，而是厌烦的烦躁，就像是公交车上被猥琐男摸身子，还无法避开。

## 祖业

就这样折腾了半个多小时，两个神父有些疲惫了。突然间，那个老男人的声音惨烈地嚎叫了一声，之后女孩的身子柔软了下来，这之后好像一切都

returned to normal.

The priests exchanged glances, joy spreading across their faces. I noticed they were sweating from the tension. After observing for a while and seeing no issues, they thanked the nuns, who stopped singing, extinguished the candles, and left the chapel like a dispersing movie audience, admiring the priests.

The priests thanked me, saying, "Luckily, there were no incidents today. The girl should be fine tomorrow." I told them, "The girl seems very weak. The demon might have drained her energy. To ensure she reunites with her family safely, I want to take her to the hospital for overnight tests. Her parents can pick her up tomorrow." The priests consulted and agreed, arranging a car to take us to the hospital.

It was 6:30 PM by then. The girl was drowsy and silent on the

突然恢复了平静。

两个神父相互对视，脸上露出了胜利者的喜悦。我看见他们额头因为紧张已经出了一层细汗。他们又观察了一会儿，觉得没有什么问题了，和十二个修女点头道谢。

修女们也如释重负般地停止了歌谣的吟唱，吹灭蜡烛，犹如电影院散场一般，回味着，评说着，崇敬地看着神父伟岸的样子，鱼贯走出了小礼堂。

两个神父走过来向我道谢，说：“幸好今天没有什么意外，女孩现在应该是累了，明天应该能好起来的。”

我和神父说：“这个女孩看着很虚弱，刚才那个恶灵可能消耗了她不少体力。为了女孩明天可以顺利和家人团聚，我想带她回医院连夜做一些检

way. At the hospital, I helped her to my office, and we sat down. I poured her a glass of water and spoke to her in the dialect, "Alright, stop pretending. I know you're still here. There's no one else here. Let's talk. I don't know much of the dialect, so have the girl translate. Bring her consciousness forward, and I'll work with her to fulfill your wish."

(I noticed that although the old man had caused some commotion, he was protective of the girl. Moreover, his words were coherent and logical. I felt there was something he couldn't let go of something that made him unwilling to leave. The girl couldn't hear her inner voice, so the old man kept troubling her, trying to find an effective way to communicate.)

The girl nodded, still speaking in the old man's voice, "I see you understand me. Those two priests are too annoying. I have some things to say to my granddaughter, but she can't

查，这样明天大家都放心。”

两个神父相互商量了一下，就同意了，给我安排了车子，送我和女孩回医院。这时已经是晚上六点半了。一路上女孩昏昏沉沉的，也没有说话。

车子径直到了医院，我扶着女孩回到我的诊室，分别坐下。

我给她倒了一杯水，然后用山区方言跟她说：“成了，别装了，我知道你还在，这里没有别人，我们谈谈吧！不过，我会的方言很少，你最好让这个女孩做翻译。你让这个女孩的意识到前台来，我做她的工作，完成你的心愿就是了。”

（我注意到：这个老男人刚才虽然折腾，但很保护这个女孩，而且说的话不是浑话，条理清晰。我心里觉得其中有什么隐情让这个老男人放不

hear me. If you could help, that would be great. I'll bring her consciousness forward."

The girl's body shuddered, and she woke up as if from a dream, looking at me and the office in confusion—the last thing she remembered was being in the chapel.

I said, "Don't be afraid. You're in a hospital. The exorcism is complete, and you're safe now. The priests even called your grandfather to protect you, and he wants to speak with you."

The girl looked at me with skeptical, questioning eyes and said, "I don't have a grandfather. I'm an orphan, adopted by the orphanage. I don't have a grandfather."

I was stunned: Could ghosts lie?

At that moment, the old man interrupted, "I am her grandfather. Her parents eloped and never returned home. I searched for

下，不愿走。而这个女孩听不到自己的心声，老男人就老折腾她，试图找到一种有效的沟通手段。）

女孩点点头，还是那个老男人的声音，说道："我看出来了，你能听懂我的话。那两个神父太烦人了，我有些话要跟我的孙女说，但她听不到。你要是能帮忙就太好了。我这就把她的意识放出来，到前台来。"

女孩的身子一抖，如梦初醒，疑惑地看着我和办公室——她的最后一个印象是在小礼堂里。

我说："你别害怕，这里是医院，驱魔已经完成了，你现在很安全。而且神父还请来了你的爷爷来保护你，他要跟你说话。"

女孩用疑惑质疑的眼神看着我说："我没有爷爷

many years without finding them. It wasn't until after I died that I discovered they had died in a car accident long ago, and I had a granddaughter who was still alive, adopted by someone. I am her grandfather."

Suddenly, the girl began to speak again, "I grew up in the orphanage, never saw my parents, and never had a grandfather. My foster father's father wasn't close to me, and my foster parents had no children of their own."

I realized that when they switched speaking, the girl couldn’t sense the missing time nor remember what she had said. However, the old man clearly knew what both of them had said.

I thought for a moment, set up my phone on the table, and started the video recording mode. I then said to the girl, "How about this, I’ll record what your grandfather says, and you can

啊。我是孤儿，被孤儿院领养的。我没有爷爷。”

我一懵：鬼骗人吗？

这时老男人突然插话：“我就是她爷爷，她爸妈私奔了，之后再也没有回家。我找了很多年没有找到他们。直到我去世了，才知道他们出车祸很早就死了，我有个孙女还活着，被人领养了。我就是她爷爷。”

突然，女孩又开始说话：“我很小就在孤儿院里，连爸妈都没有见过，从来没有爷爷的。我的养父的父亲和我不亲，我养父母没有自己的孩子。”

我发现他俩相互切换着说话时，女孩不能感受到丢了一段时间，也意识不到自己说过话。但老男人能清楚地知道两人都说了什么。

我想了想，拿出手机支撑在桌子上，开启视频模

listen to it later and decide. I'm here to protect you; there won't be any problems."

The girl, now curious, nodded in agreement.

The grandfather began to speak directly—first recounting how his son eloped, his fruitless search, and his discovery of his son and daughter-in-law's deaths after he passed away, and then finding out about his granddaughter while in the Bardo. He wanted to understand her background and explain it all, then willingly gave up control of the body.

I played the video for the girl, who watched in astonishment. She saw herself speaking in the old man's voice, with no memory of doing so just a few minutes earlier.

She was scared and her eyes darted nervously, but she was also curious. After listening to the entire recording, her eyes filled with tears, and she cried, "Grandpa, is it really my

式，然后对女孩说："这样吧，爷爷说话我录音，你听听他到底要说什么，然后自己再做决定，好吗？我在这里保护着你呢，不会有问题的。"

女孩也开始有点好奇了，点点头表示同意。

结果，爷爷直接就开始说话了——先把儿子私奔、自己多年寻找无果，过世后在中阴看到了儿子儿媳，才得知有个孙女在人间，就一心想要找到这个孙女的来龙去脉都说了一遍，然后主动地交出了身体的控制权。

我又给小姑娘放视频内容，小姑娘都看傻了。自己在视频里用老男人的声音，絮絮叨叨的，自己全然没有印象和记忆，这都是几分钟前的事情啊！

她有些害怕自己，眼神很闪烁，但又很好奇。当她听完全部录音后，眼圈红了，泪滴流下，哭着

grandpa? Where are my parents? Are they here too?"

The old man took control again and said, "Your parents have already passed on. I, however, learned some family secrets and returned from the Bardo to find you. But your father eloped early on and didn’t learn those secrets. Our family has been shamans for generations, able to talk to animals and revive plants. These secrets need someone to inherit them, so I cannot just leave."

He went on to say that he wanted to pass everything down to his granddaughter. He had checked, and she indeed had eight tailbones, indicating she belonged to the family and had the potential for this lineage. With proper learning, she could become a great shaman in less than six years.

Moreover, the family had left a substantial fortune and a castle for her to inherit. These were kept with a lawyer, and the

说：“爷爷，真的是我的爷爷吗？我的爸爸妈妈在哪里？他们也在这里吗？”

老男人又一次掌管了身体，说：“你爸妈都已经走了。我自己因为学习过一些家族传承下来的秘密，才能从中阴返回来找孙女。可你爸爸早年就离家私奔了，没能也不愿学习那些秘密。我们家族世代都是巫医，可以和动物说话、让植物复活。这些秘密，需要有人继承下去，所以我不能就这样地死去。”

还说他要把这些都留给孙女。他已经看了，孙女确实是有八块尾骨，是自己家族的人，也一定有这个血脉的潜能。只要好好地学习，不到六年，就能成为大巫医。

同时，家族还留下了大量的财富与一座古城堡，孙女要去继承它们。这些都在律师处保管着，只

grandfather would personally explain everything to the lawyer once his granddaughter met him. The lawyer, a friend of over twenty years, could be trusted. As long as his granddaughter was willing to learn, he would stay by her side until all the secrets were passed on.

Fate

The girl’s consciousness returned, and she began to watch the video.

Her face showed shock and disbelief as she stared at the screen, as if trying to find her grandfather in it.

After watching the entire video, she remained silent for a long time and then said, "The priest said that after death, people will sleep forever, awaiting the final judgment. The righteous will resurrect and enter eternal heaven, while sinners will go to

要孙女去他指定的那个律师那里，老爷子会亲自和律师说明白此事。律师是他二十多年的朋友，一定不会有问题的。只要孙女乐意和他学习，他会留在孙女身边，直到传授完所有的秘密。

命运

女孩的意识又回来了，开始看视频录像。

她一脸的惊讶，难以置信地看着荧屏，就像要从中看出那个爷爷似的。

听完所有的录像，她沉默了很久，然后说：

“神父说过，人死后会永远地安眠，等待末日的审判。义者将复活进入永恒的天国，而罪人会下火海地狱，永世不得解脱。我不知道这个恶魔是什么，他想要我学巫术，还想用财富收买我的灵魂，我绝对不会同意的。我是一个苦命的女孩，

hellfire, never to be redeemed.

I don’t know what this demon is, trying to make me learn witchcraft and use wealth to buy my soul. I absolutely won’t agree to it. I am a poor girl, but I have faith and understand science. No one can deceive my soul and my heart."

Just as she finished speaking, the old man couldn’t hold back and started pounding the table: "Just like her father! Stubborn and superstitious! Those priests are liars; they have no idea what happens after death! After they die, they tremble in the Bardo, searching for their lord; or they guard the grave for thousands of years, waiting for a final judgment that will never come! I can revive plants, talk to sparrows, convince wolves not to harm livestock. You educated fools, who can make boiled beans sprout and bloom?"

The old man grew more agitated, and the incandescent lights

但是我是一个有信仰懂得科学的现代女性，谁都别想骗走我的灵魂、我的心。”

刚说完，那个老男人就按捺不住开始砸桌子了：

“和她爸爸一样！一样地固执！一样地迷信！那些神父都是骗子，他们根本就不知道死后要遭遇什么！他们死后一个个都在中阴中颤抖，找寻他们的主；或守在那墓地里，当几千年的鬼等着那不会到来的大审判！我能让植物复活，我能和山雀沟通，我可以说服野狼不要伤害家畜。你们这些上了学的蠢人，谁能让煮熟的豆子发芽开花？”

老男人越说越激动，我屋子里的白炽灯，都快闪憋了。

我看着女孩因暴怒而扭曲了的脸庞，不知道要说些什么好。

in my room flickered.

I watched the girl's face twisted in anger, not knowing what to say.

How should I persuade them? Should I tell the old man to rest in peace, let go of the thousand-year-old legacy, and let his granddaughter live her own life? Or should I tell the girl to learn the ancient secrets, inherit the family's wealth, and become a new generation shaman, passing down the mysterious unknown? She had grown up in a church orphanage and was a devout Christian with modern, scientific life views that wouldn't change easily.

The old man, understanding the mysteries of life and death, pitied his granddaughter's loneliness and hardships and wanted to help her, hoping not to let the family's secrets die with him. He was earnest in his intentions, though his temper

怎么劝呢?

劝老男人：安息吧，这千年的传承，就放下吧，让孙女去过自己的人生；

还是劝女孩：去修习那千古的秘术，秉承家族的财富，成为新一代的巫医，让神秘的未知得以传承？女孩从小在教会孤儿院长大，又是虔诚的基督徒，一脑子新思想和科学的人生观，不可能短时间里改变什么。

而老男人跨阴阳两界，知死生奥妙，疼惜亲孙女孤苦无依，艰辛生活，想要帮助她，想要把家族的秘密不葬送在自己手里，也是一片赤诚。就是老爷子脾气确实有点儿爆,难怪儿子老早就跑了，始终不愿回家。

was a bit fiery, which probably drove his son away.

After careful consideration, I said to the old man, "I understand your love for your granddaughter and your desire to pass on the family secrets. But she is not ready yet—psychologically, emotionally, or cognitively. You can’t force her. How about this, you rest for a while and let her grow and process today’s events.

Here, this is a phone. She has one too. Learn how to use it and leave messages for her. Teach her to establish a mental connection with you at night when no one is around. Over time, she might accept you as her grandfather and listen to your teachings. Constantly troubling and forcing her isn’t the way, right? Sooner or later, she’ll break down. You don’t want that, do you?"

The old man was silent for a long time, then said, "You’re right.

考虑再三后，我和老男人说：“你爱你的孙女，我很理解。你想传承你们家族的奥义秘密，我也理解。但是她现在真的还没有准备好，心理上、感情上、认知上，都不合适，至少现在还不合适。你再逼她也没有用。不如这样，你先去休养一段时间，让您孙女成长一些，也消化一下今天的事情。

您看，这是手机，她也有这个东西。平时您多观察一下这个怎么用。您学会留言给她，每天晚上没人的时候，您慢慢地教她怎么在心里和您建立联系。日子长了，或许她能认您这个爷爷，也愿意听您的教诲。这样每天闹她、逼着她，也不是办法不是？早晚她的身子会垮、人会疯掉的。您也不想这样，不是吗？ ”

老男人沉默了许久，说：“你说的有道理，我有

I have time. I'll wait until she's ready. I'll record lessons on her phone every night, teaching her how to use it and master mental communication. Hopefully, she'll wake up soon and see the truth of the world."

The girl's consciousness returned. She looked at me as if seeing a ghost, full of hostile suspicion, her body shrinking back.

I said, "Don't be afraid. Although I can't be sure that voice is your real grandfather, he truly doesn't want to harm you. The wealth and wisdom he's offering you are beyond anyone's imagination. He will use your body to record a half-hour video every night, teaching you all the secrets of the world. What you choose to believe in the future is up to you. He won't force you or let anyone see your abnormality again."

The girl instinctively tensed up, her hands crossing, legs

的是时间。我等她慢慢地准备好。我每天晚上给她手机里录下课程，教会她如何使用，掌握心灵沟通。但愿她能早日醒悟，看清世界的真相。”

女孩的神志又回来了。她看着我，就像看鬼一般，充满敌意的疑惑，身体在往后躲。

我说：“你不要害怕，虽然我不能肯定那个声音就是你的亲爷爷，但是他真的没有想伤害你。他将要馈赠给你的财富与智慧，超出所有人可以想象到的极限。他会每天晚上用你的身体录制半个小时的视频，教你天地间所有的奥义。至于你今后到底如何选择、相信什么，全由你自己决定。他不再逼迫你，也不会再让别人看到你的异样。”

女孩下意识地紧缩了身体，双手交叉，双腿紧闭，

tightly closed, protecting her body. In a trembling voice, she said, "The demon is still in my body. He wants to use my body every night to record. No, I won't allow it! Get him out of me, out of my body! This is my body, my life. He has no right to occupy it or use it! This is disgusting! You're an accomplice to the demon, a devil's minion!"

With that, she stood up and ran out of the office. By the time I chased after her, she was already gone.

Aftermath

I quickly contacted the priest, got her adoptive parents' phone number, and notified the police. Her adoptive parents said it was late, already 9 PM, and they didn't know where to look for her. They would wait until morning. The police said they could start after twenty-four hours. She was an adult, not lost or kidnapped, so they wouldn't act.

护住身体，用颤抖的声音说：“那个恶魔还在我的身体里，他还要每天晚上都使用我的身体录音，不，我不要！让他离开我，离开我的身体！这是我的身体，这是我的生命，他无权占据，他不能使用！这太恶心了，你也是恶魔的帮凶，你也是魔鬼的爪牙！”

说着就站起身跑出了办公室。等我追出去，已经不见了踪迹。

后续

我赶紧联系了神父，要了其养父母的电话，并通知了警察找人。其养父母说已经晚了，都九点了，他们也不知道去哪里找，明天天亮了再说吧！警察说，二十四小时后才能开始。人是成年人，也不是走失或遭遇绑架，不管。

A year ago, by chance, I visited a patient in a mental hospital and saw the girl in the hallway.

She was sluggish, standing alone by the window, staring out, unresponsive to her surroundings. I knew this was a result of long-term use of anti-manic drugs.

She had staunchly defended her faith and science, and her life.

一年前，一个偶然的机会，我去精神病医院看望一个患者时，在走廊里遇到了那个女孩。

她反应迟钝，一个人站在窗前，望着那里，对周围毫无反应。我知道，这一定是长期服用抗躁狂药物导致的结果。

她誓死捍卫了她的信仰与科学，还有属于自己的人生。

## Case 12: Summary of Hypnosis Records

Two months ago, by chance, I met a professional hypnotherapist, a woman in her sixties. After watching many of her hypnosis videos and interviewing those she had hypnotized, everyone confirmed her abilities were genuine. So, I scheduled a visit for December 30th, feeling anxious about whether I would gain anything—after all, I was familiar with hypnosis techniques and there was a language barrier.

Once the hypnosis began, my long-term meditation practice helped me quickly enter the state within minutes, following her guiding words deeply into the real reality. Her methods and guiding words were excellent (I learned a trick).

The hardest part of obtaining information during hypnosis is distinguishing between the ego's logical intentions and the higher self or superconscious information flow. After these two years of

## （十二）催眠记录摘要

两个月前一个偶然的机会，得识一名职业催眠师，六十多岁的女性。

看了许多她主导的催眠视频，并走访了被催眠者，大家都认定其能力真实不虚。

所以预约了十二月三十日的拜访，心中忐忑是否能有所收获——毕竟我自己逻辑中熟悉催眠套路，加上语言的隔阂。

催眠开始后，我长期冥想的功夫帮助我在几分钟内就快速地进入了状态，没有抵抗地跟随其引导词，步步深入到真实的实相中。

她用的方法与引导词，非常地好（偷学了一

experience, my ability to distinguish information has improved significantly (trust the first intuition, do not make logical judgments—once you consider its rationality, you fall into the ego).

(The following blue italic text is "my" description in a hypnotic state, and the words in parentheses are the hypnotherapist's guidance.)

Hypnotherapist: Entering the first layer, the guiding words lead my consciousness into the pre-conscious realm. This is the place or period of life most closely associated with my present, under the guardianship of my higher self.

(Observe the place and gather information)

**Under hypnosis:**

A white wooden door appears before me, slightly ajar. It is easy to push open, but a dim mist shrouds the scene ahead, making it unclear where I am.

招）。

因为催眠中获取信息时，最难的是划分小我逻辑意向和高我或超我的信息流。经过这两年的经历，我对划分信息的能力也精进了许多（相信第一直觉，不做逻辑评断——一旦思考其合理性，就会落入小我）。

（下面的蓝色楷体字是“我”在催眠状态下的描述，括号里是催眠师的引导语。）

**催：**

进入第一层，引导词让我的意识进入前意识范围。这是与我当下关联最密切的地方或生命的某段历程，在高我的守护中。

(Look at the ground)

The mist begins to dissipate, and flickering images appear before me: a medieval stone kitchen and a room with a smooth metal floor, conflicting imaginations alternating and merging. I strive to stabilize one of the images.

(Look for stairs)

The image reveals a metal mesh staircase spiraling downwards to the right. The image stabilizes.

(Go down and observe)

The staircase turns twice. It is narrow. I come to a door that opens automatically, silently. The door is metal. I enter, and the image stabilizes and clarifies: I am in a narrow hallway-like room of about 30 square meters. On my left side are two hibernation pods, and on my right side are three. Each pod contains a "person". I realize

（观察那里并收集信息）

入：

我面前出现一扇白色的木门，虚掩着，推开它很容易，但眼前昏暗迷雾笼罩，不知所在。

（看地面）

迷雾在退散，我眼前的景象在闪烁：中世纪的石头厨房和金属的光滑地板房间，相互冲突的想象，交替又融合在一起。 我尽力想稳定住一个画面。

（寻找楼梯）

画面呈现出金属网格楼梯，右旋向下延伸。画面稳定下来。

（下楼观察）

none of the empty pods are for me.

"Consciousness" interpretation: I am on duty, taking turns to be awakened. I move forward. Another door opens: this is a cockpit with three chairs. One person sits in the middle, and the seats on either side are empty.

(Look at your feet, what kind of shoes are you wearing?)

I look down:

My body is slender, wearing a seamless silver bodysuit from neck to feet, soft and comfortable.

(Your gender?)

I sense my memory:

I cannot determine my gender; it seems the concept of gender doesn’t exist in my mind. But my bodysuit clearly outlines the curves of my breasts, with no bulge in the genital area.

楼梯经过两次回旋。楼梯很窄，我来到一扇门前。门感应而开。门质地金属，活动无声。

我进入其间，画面稳定而清晰：我在一个三十多平米的小厅中。小厅细长犹如走廊。

在我左侧有两个冬眠仓，右侧三个。每个舱室里都沉睡着一个“人”。我意识到没有空的舱归我。

“意识”感知解释：

我是轮值守望，每班一人，轮替唤醒。

我继续向前。又一扇门打开：这是一个驾驶舱，里边有三个椅子，正中有一个“人”坐在其中，两旁空着。

（观察自己的脚，有穿什么样式的鞋子吗?）

我低头：

I try to search for memories and feelings:

there is no clear gender recognition in my consciousness, just self-identification according to self-awareness. And those breasts are not organs for nursing but have evolved into small, symbolic features.

(In hindsight, I and the others in the hibernation pods are clones. The bodies are androgynous, avoiding strong sexual and other physiological needs, greatly stabilizing the body structure and preventing many troubles and diseases, including psychological and hormonal issues, which is very beneficial during interstellar travel.)

Following the bodysuit, I see my hands—three long, slender fingers, feeling boneless like a young girl's, with delicate, smooth skin. My consciousness seems like a ghostly presence, seamlessly merging with the body in the middle

我身体细长，脚到脖子是一体连身束身的银色衣服，质地很柔韧舒服。

（你的性别?）

我感受自己的记忆：

我无法确定自己的性别，好像大脑里就压根儿没有性别这个概念。但我塑身衣明显勾勒出乳房的线条，而没有发现阴部的隆起。

我尽力搜索记忆和感觉：意识中没有明确的性别认知，只是按照自我认知去认可自己的性别。而那乳房也不是哺乳的器官，已经退化成一种小巧的标志性存在。

（事后回想，我和冬眠仓里的其它我都是克隆体。身体呈现中性，这样不会产生强烈的性与其它生理需要，极大地稳定了身体结构，避免许多麻烦与疾病，

chair. There is no panel or numerous instrument knobs in front of me, but I know this is the cockpit. I can't find a mirror to see my face.

(What is your name?)

…… I try hard to recall but cannot find this memory. I am just me, what is a name?

(What are you doing?)

I search my memory:

I am on a long-distance interstellar spaceship, on duty. The ship sails in the endless starry sky, the journey long and boundless.

(What is your relationship with Julia in this lifetime?)

I recall a fragment of memory:

During the dull moments, I chose to wear a device with four

包括心理上的、激素上的，预防了绝大多数心理疾病的潜在可能，在星际远程航行中很有好处。）

顺着紧身衣我看到我的手——三根细长的手指，犹如少女般无骨的感觉，皮肤细腻光滑。我的意识好像是幽灵般的存在，因为我直接就和中间那椅子上的身体，无缝融合了。

我面前没有任何的面板或众多的仪表旋钮装置，但我知道这里是驾驶舱。我找不到镜子看自己的面孔。

（你的姓名?）

. . . . . .

我努力回想，没有找到这个记忆。我就是我啊，姓名是什么呢?

（你在做什么？）

bright silver threads on my head. This device allowed me to enter an experiential program. It's a well-developed device that effectively dispels the boredom of long journeys. We call it "Experience." You can choose from a vast array of subjects that interest you, just like watching a movie, immersing yourself in it, and experiencing its story.

When selecting an interesting story, you watch a brief synopsis to understand the gist. These preview fragments form the déjà vu memories in my life. I and the other five in the hibernation pods seem to share all memories and knowledge, but not constantly. Those five sleeping guys are also using this time, wearing the same device, deeply experiencing various adventures.

(Are you all on Earth?)

No. We can choose any dimension, planet, and species, in any

我搜索记忆：我在一个远程星际飞船中，我在值班。飞船在无尽的星空中航行，路漫漫。

（你和这世当下的尤利娅是什么关系?）

我回想起记忆的片段：

无聊的时间，我选择了一种有四根亮银细丝的装置戴在头上，这个装置可以让我进入到一种体验程序里。

这是一种很成熟的装置，它可以有效地排解漫长的旅途里无聊的状态，我们叫它“体验”。

你可以在海量的题材中选择一个自己感兴趣的，就像看电影一般，身临其境地进入其中，经历其故事。

在选择自己感兴趣的故事时，会看故事简介短片，了解大概梗要。这些预览的片段，形成了我人生中似曾相识的记忆。

era and role, as long as it interests us.

(Are there many similar situations on Earth?)

I don't know. This technology is well-developed and widely used.

(How far is your spaceship or home planet from Earth?)

We are not in the same bubble, so we can't calculate the distance. Our bubble has a lower molecular density but faster frequency, while Earth's bubble has a higher molecular density but slower frequency, making your time slower. I experienced a hundred years here, which is just over two hours on the spaceship.

Of course, that's converted to your time length. The two bubbles partially overlap but are invisible to each other. This is a small fragment of our ancient history. Future events have

我和催眠仓里的那五个好像共享所有记忆和认知，但不是时时共享。那五个沉睡的家伙，也在利用这个时间，戴着同样的装置，在深度地体验着各种经历。

（你们都在地球吗?）

不是。我们可以选择任意的维度、星球和物种，选取任意的时代和角色，只要我们感兴趣。

（地球上有很多类似的状况吗?）

我不知道，这个技术很成熟，并且被广泛地应用着。

（你的飞船或母星离地球有多远?）

我们不在同一个泡泡里，无法计算距离。我们的泡泡内分子密度小但频率快，地球所在的泡泡分子密度高但频率慢，所以你们的时间很慢。我在这里经历一百年，只是飞船上的两小时多一点。当然，是按照你们

already happened in the past, and past events have ended in the future. This is how we view your state.

(Are you returning to history?)

In a way, yes. My history is not what you think. Your textbooks deceive you. Your scientists have much conflicting historical evidence and vaguely know that history is not linear but has many possibilities, just like the future you will experience. Like a sandglass, your present is the narrowest bottleneck, and both the past and future have vast possibilities.

(What happens if you change something according to your will?)

Changes will form and present different experiences. But when this vessel's life ends, all altered parts will be recorded in the system as potentialities, becoming big data for analysis and

的时间长度换算过来的。

两个泡泡是部分重迭的，但相互不可见。

这里是我们远古历史中的一小片段。未来的事情在过去已然发生，过去的事情在未来已经结束。这就是我们看你们的状态。

（你返回到历史中吗?）

某种意义上是的。

我的历史不是你们以为的那个样子。你们的教科书欺骗了你们，你们的科学家已经拥有很多相互冲突的历史证据，并且隐约知道历史并非一条，而是很多种可能性，就像你们将要经历的未来一样。就像计时的沙漏，你们的当下就是那最细的瓶颈，过去与未来都有着无比宽广的可能。

sharing. Some of you call these parallel worlds.

(Are you a guardian of history?)

I don't understand your meaning. I'm just bored and curious about what emotions are. Our society is highly logical and peaceful. We are curious about the experience of emotional fluctuations, so we come to experience it.

(Don't you have love?)

Your love is very childish and basic. For us, love is a tool, or more precisely, a path. Your love swings and will eventually split into two main camps: dark blue and pink. Dark blue love brings a powerful devouring ability, with individuals quickly expanding and consuming nearby energy entities. Pink love is group-based and cooperative, with each individual indispensable. Although growth is slow, the overall strength is

（如果你按照自己的意志改变了什么，会如何?）

改变会形成并展现出不同的经历。但当这个载具结束生命后，所有被变更的部分都会被以一种可能性的形式被系统记录成为大数据供分析与分享。你们有些人称其为平行世界。

（你是历史保卫者吗?）

不明白你的意思。我只是无聊和好奇于感情是什么。我们的社会已经高度逻辑和平静。情感与感情的波动是一种什么体验让我们好奇，所以我们来经历。

（你们没有爱吗?）

你们的爱是很幼稚与基础的。在我们看来，爱是一种工具，更准确地说是途径。你们的爱在摇摆，日后会划分成深蓝和粉红两大阵营：

significant in the long run.

Both sides try to save entities in the other camp, dark blue advocating quick growth, and pink ensuring everyone's well-being. At our current level of consciousness, we recognize that the opposition between the two camps is a necessary path. The questioning and arguing between them are frictions brought by the cognitive system. Through such friction, continuous experiences and energy are effectively generated.

(Are there higher consciousness beings than you?)

Yes, that is our current goal. On the home planet, each neighborhood has a nebulous light body of intelligent consciousness, which is an evolved state.

(Are there beings higher than that?)

深蓝的爱带来强大的吞噬能力，个体快速地膨胀而吞噬周边的能量个体；粉红的爱是团体性的、协同性的，每个个体都是不可或缺的，成长虽然缓慢，但综合后续实力显著。两种认知都试图挽救对方阵营中的意识体，深蓝宣扬快速成长，粉红保证各个安康。

在我们现在的意识层级上已经认知到，两个阵营的相互对立是一种必然的途径，相互间的质疑与争执只是认知体系带来的摩擦。通过这样的摩擦，形成有效的源源不断的体验和能量。

（还有比你更高的意识生命体吗?）

是的，那是我们现在的目标。在母星上，每个小区中都有一个雾化光体智慧意识，那是进化后的状态。

（还有比它更高的吗？）

有。在星球的核心里，有一个“太阳”般的智慧意识

Yes. In the core of the planet, there is a "sun-like" intelligent consciousness, the soul of the planet. Every living planet has one, including Earth.

(Is it the creator?)

No, just an experiencer, another form of experience. It no longer cares about the joys and sorrows of low-level beings, nor about the operation of the entire low-end energy field. It knows that everything is a process, a necessary experience, and there is nothing worth intervening and changing. Everything has its own intended trajectory and mode; everything is the best arrangement.

(Does it not pity or help us?)

Human intervention and changing things according to one's will are shallow forms of love. Every consciousness has its own necessary experiences, which show the diversity of free

体，它是星球的灵魂，每个活着的星球中都有一个，地球里也有。

（它是造物主吗?）

不是，只是体验者，同样是经历的一种。只是它不再关心低等级生命体的悲欢离合，也不关心整个低端能量场的运作。它知道一切都是过程，都是必要的经历，没有什么再值得它干预和改变，一切都有它自己本该拥有的轨迹与模式，一切都是最好的安排。

（它不怜悯或救助我们吗?）

人为的干预和按照自己的意志去变更，都是很肤浅的爱。每个意识体都有自己要经历的和或缺的，这样才展现出自由意识的多样性。

利用强大的能力去守护、减免成长过程中的坎坷是很幼稚的行为。没有经历就没有成长。自己想不明白，

will. Using powerful abilities to protect and reduce the hardships of growth is childish behavior. Without experience, there is no growth. What one cannot understand, others cannot teach. Forcibly imposing ideas only brings tyranny and resistance.

(Okay, can you tell me why you showed this fragment? Is there any reason or meaning?)

This Julia is always troubled, even thinking she has lived repeated lives. I want her to know: her déjà vu and foresight are fragments of processes I repeatedly tried a few hours ago. She doesn't need to dwell on their meaning.

(Can you foresee her future?)

There is no future; it's all the past, recorded in this film. I don't want to see the subsequent plot; it would make the whole experience dull, make me even more bored, and ruin the

别人是教不会的。强行的灌输理念只会带来霸权和反抗。

（好吧，你能告诉我，为什么展现出这个片段吗？有什么原因或意义吗?）

这个尤利娅一直在困扰，甚至认为经历了多次重复的人生。我想让她知道：她所经历的似曾相识和预见能力，都是我之前几个小时里反复尝试过的流程碎片记忆。她没有必要老纠结其意义。

（你可以预知她的未来吗?）

没有未来，都是过去，都是这个影片中录制好的。我不想看到之后的剧情，那会让整个体验变得索然无趣，让我更加无聊而已，破坏了体验的意义。我希望经历更多有可能的未知。或许我能找到某个隐藏的结局。

meaning of the experience. I want to experience more possible unknowns. Maybe I can find a hidden ending.

(We respect you, accept you, thank you for your participation, and hope your journey goes smoothly)

.....

(If you are ready, let's try to explore the next important experience for your current state. 5, 4, 3, 2, 1)

.....

(Tell me, where are you now?)

.....

(Hypnotherapist: Tell me, where are you now?)

Me: I am in a sea of light, everywhere is bright and transparent, it's all light. They are so bright, they are flickering, they make me see

（我们尊重你，接纳你，感谢你的参与，希望你的旅途顺利）

. . . . . .

（如果你做好了准备，我们尝试着进入下一段对你当下至关重要的经历里探索。5，4，3，2，1）

. . . . . .

（告诉我，你现在在哪里?）

我在一片光明里，到处都通透亮丽，到处都是光，是光的海洋。非常地明亮，它们闪烁，它们让我看不到任何的东西。

（这是哪里?）

我不知道，太亮了，我什么都看不到。我需要尝试，离开这里远些，再远些，或许可以看到这个地方的全

nothing.

(Hypnotherapist: Where is this?)

Me: I don't know, it's too bright, I can't see anything. I need to try to get further away from here, maybe I can see the whole place.

(Hypnotherapist: Alright, try to change your location.)

Me: This is a vast cloud sea, a river made up of countless stars.

(Hypnotherapist: Are you in the Milky Way?)

Me: No, those are not planets or stars, they are shimmering consciousness clouds. I can't estimate the diameter of each cloud because there is no material reference for me to gauge. I am one of them.

(Hypnotherapist: You said it is a river, are they flowing?)

Me: Yes, they are moving very slowly in one direction.

貌。

（好的，请尝试改变你的所在。）

这是一条宽广的云海深处，是由无数群星组成的江河。

（你是在银河中吗?）

不是，那些不是星球或恒星，它们是闪烁生辉的意识雾团。我无法估计每个雾团的直径，因为这里没有任何物质的东西可以让我形成参照。我就是其中的一个。

（你说那是江河，它们流动着吗?）

是的，它们在很缓慢地移动着，有一致的方向。

（它看上去像什么呢?）

(Hypnotherapist: What does it look like?)

Me: It does resemble the spiral arms of the Milky Way, but it is entirely different. I find it hard to compare it to anything humans have seen.

(Hypnotherapist: Okay, can you tell me what you are doing there?)

Me: I am not doing anything, but everything is happening. I know this sounds strange. I am one of the countless light clusters. We are all still, doing nothing. But every flicker is a flow of thought, those thoughts allow my consciousness to experience the birth and death cycle in an instant.

(Hypnotherapist: Alright, this is indeed hard to understand: you just said you are not moving, you are all still, but then you said you are flowing, can you explain?)

Me: We are all still, indeed no autonomous movement. But we are like drifting rafts being carried by an energy vortex. From start to finish, we

它确实和银河悬臂有些类似，但又全然不同。我很难用任何人类见识过的东西与其比对。

（好吧，你可以告诉我你在那里做什么吗?）

我没有做什么，但什么都在做着。我知道这听起来很奇怪。我是无数个光团中的一个。我们都是静止的，什么都没有做。但是每一次闪烁中就是一个念头的流转，那些念头让我的意识可以在一瞬间经历一切的生灭流转。

（好吧，这听起来确实很难理解：你刚才说你没有动，你们都是静止的，但又说在流动，可以解释吗?）

我们都是静止的，确实没有任何的自主运动。但是我们就如同漂流的木筏被能量的涡流带动。从始至终我们都没有真正地离开过这里，但我们的意识却已经周游过几乎所有虚实间的维度时空。

have never really left here, but our consciousness has traveled through almost all dimensions of reality and illusion.

(Hypnotherapist: You mean your thoughts are wandering in different universes?)

Me: You can understand it that way, if there is such a thing as a universe. It is just a scene created by thoughts, you know? Just a scene.

(Hypnotherapist: You mean, the reality we live in, is an illusion?)

Me: You all exist truly, in the dreams constructed by collective consciousness, and you are repeatedly experienced by different consciousnesses, initiating a combination of possibilities in various scenarios.

(Hypnotherapist: Can you be more specific? Your explanation confuses me.)

Me: What you call the future is our past; what we call the future is the past

（你的意思是，你们的思想梦游在各个宇宙中吗?）

可以这样理解，如果有宇宙这样的一个东西的话。那是思想共同创建出的景象，你知道吗？景象而已。

（你的意思是，我们这些实实在在生活着的人们都说的：幻影?）

你们都是真实存在过的，在集体意识组建的梦想中；并一次次地被不同意识所重复经历，启动各种可能性中的某一种经历组合。

（能说得具体些吗？你的讲述让我困惑）

你们所谓的未来，是我们的过去；我们所谓的未来，是前辈们的过去。在周而复始的随机可能中，经常性的道路与常规的发展模式都已经被无数次地经历。就像江河中的水滴，对于它，前途是随机与未知的。但河流已如此奔腾了千年，各种有可能的变化早都被尝

of our predecessors. In the endless possibilities, the often-taken paths and regular development patterns have been experienced countless times. Like a drop of water in the river, for it, the future is random and unknown. But the river has been running for millennia, all possible changes have been tried.

(Hypnotherapist: Your description makes me question the meaning of life, why do we repeat over and over here?)

Me: I apologize for causing you confusion. I understand the individual's desire to see their existence as unique, endowed with some special meaning.

But the fact is: we are all just dust in a vast cyclical system. The motivation for the continuation and development of the source consciousness comes from such circulation. Just like a person in this universe, self-significance is of no value. But each meaningless self brings vitality to the universe. Living itself is its meaning.

试过了。

（你的描述让我开始质疑人生的意义，我们在这里重复着重复，为什么？）

非常抱歉给你带来了困惑。我很能理解个体渴望其存在是一种特例，拥有着某种被赋予的奇特而特别的意义。

但事实是：我们都只是巨大循环系统中的尘埃。让本源的意识可以延续与发展的动力来自这样的流转。就像一个人于这个宇宙一般，自我意义是毫无价值的。但每一个没有意义的自我让宇宙有了生机。活着本身就是其意义。

（你可以告诉我，你和那个寂寞的宇航员与尤利娅是什么关系吗？你为什么会出现？）

我一直在观照着所有有趣的东西，试图找到什么能让

(Hypnotherapist: Can you tell me about your relationship with the lonely astronaut and Yulia? Why do you appear?)

Me: I have always been observing everything interesting, trying to find what can make me feel novelty. The astronaut is my consciousness projection, one of my flickers; and this person speaking is another consciousness projection of that, a journey in its dream.

(Hypnotherapist: Is this speaking Yulia a fictional character?)

Me: No, no, you misunderstood me. You are all as real as my existence. But you all truly exist in the distant past. The consciousnesses that created these stories and carriers in the first place have long gone, batches of new consciousnesses are being infused into the stories to participate in experiences.

(Hypnotherapist: Alright, I think this topic is not for me. Can you tell me how long you have been in that sea of light? What are your plans?)

我感受到新奇。那个宇航员是我的意识投射，是我的一次闪烁；而这个张嘴说话的人又是它的意识投射、它的一个梦中路途。

（这个说话的尤利娅是个虚拟人物吗？）

不不，你误会了我的意思。你们都如此地真实，就犹如我的存在一般真实。只是你们都真实地存在于远古遥远的过去中。第一次创建了这些故事与载具的那些意识体早已离去，一批批新的意识被灌注入故事中参与经历。

（好吧，我觉得这个话题不属于我。你能告诉我，你在那光海里多久了？你有什么打算?）

我已经太久不知道时间了。一切都没有改变或运动，一切都在改变和运动，毫无规律，无法认知一个你们能够理解的时间。

Me: I have been here too long to know time. Everything hasn't changed or moved, everything is changing and moving, without any pattern, impossible to perceive a time you can understand.

As for my plans, it might be harder for you to understand, but I can try: I am trying to find a possibility that has never been discovered, a new change among the many random ones. I know all our consciousnesses are trying like this, and we all know that undiscovered possibilities must exist. Maybe it's in the places already searched countless times, maybe in various past failures, or those successes that are not so complete. No one knows whether persistence will lead to an abyss or a paradise and whether persistence will deepen or bring a turning point. This is full of fun, making me feel joy.

(Hypnotherapist: Isn't there a God or an omnipotent being that can give you answers and guidance?)

Me: We are what you call gods, we are creating everything.

至于我的打算，这说起来你恐怕更难理解，不过我可以尝试一下：

我在试图寻找到一个从来没有被发现的可能性，那众多随机中的一种新变化。我知道我们所有意识都在这样地尝试，而且我们都知道那个没有被发现的可能一定存在着。或者就在已经被翻找了千万遍的地方，或许在各种过往的失败里，或者那些成功并不那么地彻底。没有人知道再坚持一下会是深渊还是天堂，而执着是会陷得更深还是迎来转机。这充满了趣味，让我感受到乐趣。

（没有一个上帝或全能全知的神可以给你答案和引领吗?）

我们就是你们所谓的神，我们在创造着一切。

（这不可能，谁创造了你们呢？一切的开始是什么?）

(Hypnotherapist: That's impossible, who created you? What was the beginning of everything?)

Me: That's a good question, what was the beginning of the beginning? It was curiosity.

A chaotic energy pulse danced out a frequency without any warning, just one among billions of random chaos. But this frequency and another random formed a segment. Such segments occasionally repeat, accumulating more connected segments. Like a mad monkey typing mindlessly, given enough time, it might randomly arrange a meaningful word, even a sentence. Thus, the first consciousness was born.

It wanted to know what it was, that one thought made it think and desire to experience. It wanted the opportunity to face itself, to understand itself. It tried to replicate its frequency, but each new consciousness copied out was slightly different from itself. They all had the same curiosity.

(Hypnotherapist: Alright, alright, I'm not interested in your story, it has

这是一个好问题，起初的起初是什么？是好奇。

一个杂乱的能量脉冲毫无征兆地舞动出了一个频率，那只是亿兆随机混沌中的一种可能性。但就是这个频率与另一随机组成了片段。这样的片段不时重复，累积出更多的片段相连。就像一只疯猴子无脑地打字，只要时间够久，就有机会随机排列出一个有意义的单词，乃至句子。这样第一个意识就诞生了。

它想知道自己是什么，这一个念头，让它思考与渴望经历。它渴望能有机会面对自己，才能理解自己。它设法复制自己的频率，但每次新复制出来的意识都与自己不尽相同。它们都拥有同样的好奇心。

（好了，好了，你的故事我已经没有兴趣，这和我的客人毫无关系。我的客人想知道她为什么总是感觉自己过着重复的生活、可以看到没有发生的事情，请回

nothing to do with my client. My client wants to know why she always feels like she's living a repetitive life and can see things that haven't happened. Please answer this question.)

Void: Okay, sorry for wasting your patience.

This matter is much simpler than she thinks—

She is not often seeing the future, but often recalling the past. Although this shouldn't happen, the consciousness that decides to repeatedly experience the same storyline inevitably encounters such things. If she successfully finds the hidden detour this time, she will no longer be troubled by familiar repetitions. There are no prophets in your world, only hateful spoilers. They cause history to be repeated again and again, unable to find new randomness.

(Hypnotherapist: Please tell me, how can my client break free from the old repetition? I think this is the key issue.)

答这个问题）

好吧，很抱歉我消磨了你的耐性。

这件事情远比她想的要简单许多——

她并不是经常看到未来，而是经常回忆起过去。虽然这不应该发生，但是决定反复经历同一个故事线的意识，难免会发生这样的事情。如果她这次成功地找到了隐藏的歧途，就不会再被熟悉的重复感所困扰。你们的世界上没有先知，只有可恨的剧透者。他们导致历史被一遍遍地重复，找不到随机的新意。

（请告诉我，我的客人要如何摆脱老的重复呢？我想这是关键问题）

你终于问了一个有价值的问题。

让她跟随着自己的热忱去放飞自我。习性让她循规蹈

Void: Finally, you asked a valuable question.

Let her follow her enthusiasm and let go of herself. Habits make her follow the rules. She is too obsessed, causing her energy to be enclosed by herself, losing the motivation for innovation.

Failure never means loss, repetition is the biggest loss, living comfortably where she started has no meaning; participating in the challenging years should be about cutting through the thorns.

Let her feel the taste of being alive, instead of experiencing a tomb-like life, letting the soul cool into a mummy—seeing without speaking, loving without action, being rich without experiencing it.

She should take actual action, let her knowledge weave visible outlines, and let abundance become motivation, not a greenhouse.

(Hypnotherapist: Alright, thank you, we are going to leave now.)

(Hypnotherapist: When I count to one, you will enter the last scene of

矩。她太过沉迷，导致其能量被自己封闭，失去了创新的动力。

失败永远不意味着损失，重复才是最大的损失，安稳地生活在她出发的地方，毫无意义；而参与这挑战的岁月中就应该披荆斩棘。

让自己感受到活着的滋味，而不要喘息着经历坟墓般的生活、让灵魂冷却成木乃伊——看见而不言说、热爱但无行动、富足但不经历感受。

她要让自己做出实际的行动，让知见编织出可见的轮廓，让丰盈成为动力，而不是暖箱。

（好的，谢谢你，我们要离开了。）

（当我数到一的时候，你会进入今天最后一个场景，对于你来说最重要的地方，看看你想要寻找的答案是

today, the most important place for you, see what answers you are looking for, 5, 4, 3, 2, 1)

.....

(Hypnotherapist: What do you see? Where are you?)

.....

On the hypnosis bed, I was shaking violently: my whole body was trembling rapidly, like a naked girl encountering a pervert in an ice cellar. My body shook, and my heart shook. Soon, the bed started to shake along with me, but fortunately, it was on a thick Persian carpet.

.....

(Hypnotherapist: What do you see? Where are you?)

Me: I can't see anything. Darkness, still darkness. I can't locate my position. I don't feel the support of the ground.

什么，5，4，3，2，1）

. . . . . .

（你看到了什么？你在哪里？）

在催眠床上的我抖得厉害：整个身体都在快速地颤抖，犹如冰窖里赤裸的姑娘遇到色狼。身子抖，心也抖。很快床也跟随着抖了起来，好在床在一块厚厚的波斯地毯上。

. . . . . .

（你看到了什么？你在哪里？）

我什么也看不到。黑暗，还是黑暗。我无法定位我的位置。我感受不到地面的支撑。

（尝试着移动一下，或改变一下观看的方向）

我在做这样的尝试，但改变焦距毫无作用。只是无尽

(Try to move or change your viewing direction.)

Me: I'm trying to do that, but changing the focus doesn't help. It's just endless darkness.

(Alright, relax, feel quietly, and see if you can discover anything.)

.....

After a long silence, my body's trembling nearly threw me off the bed. Suddenly, the trembling reduced by about half, and a consciousness entered and began to speak. The voice was like an ethereal echo in a bathroom, a lingering sound in a valley—

"I am the Void. It has been silent here for too long, you are my first visitor in ages, welcome."

(Hypnotherapist: Hello, Void. Is that your name? Where are we? Why can't we see anything?)

Void: I have no name, never had the need for one. This is what it calls me.

的黑暗。

（好吧，放松下来，静静地感受，看看能发现些什么）

. . . . . .

许久的安静后，我身体的颤抖已经几乎让我从床上掉下来了。突然，颤抖减少了一半左右，一个意识进入，并开始说话。那声音就像浴室里回荡的空灵、山谷中萦绕的余音——

我是虚空。这里寂静了太久太久，你是我许久以来的第一个访客，欢迎你。

（虚空，你好。这是你的名字吗？我们在哪里？为什么什么都看不到？）

我没有名字，从来没有过这个需要。这是它给我的称号。你们就在我的体内，你想要看到什么呢？

You are inside me; what do you want to see?

(Who is "it"? Inside you? Where are you? What are we?)

Void: The one who calls me the Void is a consciousness mass within me, you call it the Source. I am the space that holds it.

You never think of space as having thoughts, but space is conscious and aware; otherwise, you wouldn't have consciousness and awareness. Everything happens inside me. I am everything. Tangible and intangible, existent and non-existent, visible and invisible, they are all parts of me.

(Hypnotherapist: So you are our Father God?)

Void: I didn't birth you, just as I wasn't birthed myself. There are many other space consciousnesses like me around. We each have our frequencies, forming our bubble universes. I don't know who created us or where we came from; I have been here since I became conscious. After that, my internal Source began its operations.

（它是谁？你的体内？你在哪里？我们是什么？）

那个管我叫虚空的是我体内的一个意识团，你们叫它本源。我就是承载着它的空间。

你们从来不觉得空间是有思想的，但其实空间是有意识和觉知的，不然你们也不会有意识和觉知。一切都发生在我的体内。我就是一切。有形的无形的、有的无的、可见的不可见的，都是我的一个部分。

（那你就是我们的父神了？）

我没有诞生你们，就像我没有诞生过我一样。我身边还有众多犹如我一般的空间意识体。我们各自拥有自己的频率，形成自己的泡泡宇宙。我不知道谁创造了我们，或我们从哪里来的，有意识后我就已经在这里了。而之后，我的体内本源就开始了它的运作。

本源对于我来说，就像灵魂对于你们一般，很难说谁

The Source is to me what a soul is to you, it's hard to say who belongs to whom. Maybe I am just its package, or maybe it is just a thought of mine. Perhaps we are both just insignificant cells in a vast body. I don't know, I am not good at thinking.

(Alright, can you tell me why my client was guided here?)

Void: This is very surprising to me as well. It has been too long since I had a visitor; I can't even remember who the last one was.

Maybe it was an accident, maybe not, it doesn't matter much to me. Everything has its own arrangement. I am very happy to see you.

(Perhaps you can give my client some advice or teachings; we are eager to hear.)

Void: Sure, I am happy to convey my thoughts to her, to let her see the full picture of the Source. You must know that even the Source itself never gets to see its entire outline. This is the best gift I can give you.

归于谁。或许我只是它的包装，或许它只是我的一念。或许我们都只是众多细胞中最微不足道的一个。我不知道，我不太善于思考。

（好吧，你可以告诉我，为什么我的客户被引导到这里来了吗？）

这个我也非常地意外。已经太久没有访客了，我甚至不能记忆起上次拜访者是谁了。

或许是一次意外，或许不是，对于我没有那么重要。一切都有它自己的安排。我很高兴见到你们。

（或许你能给我的客户一些你的忠告或教诲，我们很期待）

好的，我很乐意把我的思想传递给她，让她可以看到本源的全貌。要知道本源自己都没有机会看到自己的全部轮廓的。这是我可以给你们的最好的礼物了。

I will let you use my senses to see and experience my feelings, just for a moment; otherwise, you will collapse under the endless tide of information.

.....

My body suddenly became completely still.

I saw and felt things that human words cannot describe.

Then my whole body started to shake violently again.

.....

(Hypnotherapist: I will count to one, and you will remember as many details as possible and return to reality. 9, 8, 7, 6, ... 1)

.....

**Epilogue:**

My body was still trembling, uncontrollably so. I sat up, unable to

我让你使用我的感官去看与体验我的感受，只一刹那，不然你会崩溃在无尽的信息潮前。

. . . . . .

我的身体突然全部静止了下来。

我看到了、感受到了人类言语无法描述的东西!

然后全身又开始剧烈地颤抖。

（我数到1，你会记住尽可能多的细节，回到现实中来，9，8，7，6，……1）

. . . . . .

## 后记

我的身体还在抖，无法抑制地抖。我坐起来，无法

speak, with no muscle under my control.

The hypnotherapist asked me, “Do you remember what you experienced?”

I nodded and then shook my head.

I could see that the hypnotherapist was as confused as I was. As a psychologist, I had never heard of such a hypnosis case. She seemed even more bewildered—at least I could see, while she could only know what I described to her.

Five minutes later, I could finally get out of bed. Together, we went downstairs where my partner had been waiting for two hours.

Curiously, he asked, “How was it? Did you find any past life memories?”

The hypnotherapist and I exchanged glances, unsure of what to say.

My partner asked, “Why are you shaking? Was it cold upstairs?”

说话，没有一块肌肉可以形成控制。

催眠师问我：“你还记得经历了些什么吗？”

我点点头，又摇摇头。

我看得出催眠师和我一样一脸迷茫。作为心理医生，我不知道这样的催眠案例，我没有听说过。

她比我还晕——至少我可以看见，而她只能通过我的转述了解少许。

五分钟后，我终于可以下床了。一起来到楼下，爱人在那里已经等了两小时了。

他好奇地问：“怎么样？你找到前世记忆了？”

我和催眠师相互看了一眼，都不知道要怎么说。

爱人问：“你抖什么啊？楼上很冷吗？”

这时我才发现，我觉得不抖，但还是和帕金森患者

Only then did I realize that I still felt the tremors like a Parkinson's patient, unable to hold a teacup.

The hypnotherapist said, "Today, I won't charge you because there was nothing I could do—no psychological counseling or mental health guidance."

I responded, "I have received the answers I wanted, and you have given your professional guidance and time. I will pay you in full."

The hypnotherapist replied, "You can come back anytime. I will always have time for you and will never charge you. I am eager to learn more about your experiences."

Two years have passed since then.

After the hypnosis session, I didn't pursue another. For more than a month, I was excited, sharing the recordings and the detailed information I had noted. Gradually, everyone began to look at me with pity. One day, I started to believe it might have all been a self-created

一样地在抖着，连茶杯都端不了。

催眠师说："今天不收费用了，因为实在没有什么我能做的，任何的心理疏导或心理康复引导都没有。"

我说："我已经得到了我渴望知道的答案，而你付出了你专业的带领和时间，我会支付你所有的费用。"

催眠师说："你可以随时再来，我对你永远有时间，而且永远免费。我渴望知道更多你的信息。"

事情已经过去了两年。

之后我没有再去做第二次催眠。做完催眠后，我兴奋了一个多月，到处分享录音和记录下当时的具体信息。慢慢地，每个人都怜悯地看着我。直到有一

dream and deleted the related information and data. I let it go and eventually forgot it.

Three days ago, while reviewing my case files to write about my ghost story experiences, I accidentally came across the written record of that session and slowly recalled the details.

I suddenly realized that all the information I had received through various channels since then continuously validated that incredible experience.

Perhaps it was not a dream of my own making. Or maybe it was. I can't be certain.

But since then, I have been able to sense and listen to messages from the unknown. They have been guiding me to follow my inner desires and interests, encouraging me to step out of my closed life and begin sharing my writings and insights.

I am taking action. I am speaking out. I am sharing my abundance and

天，我觉得恐怕那都是一场自编自演的梦，然后删除了相关信息与数据。就那么地放下了，甚至遗忘在记忆里。

三天前，为了写自己亲身经历过的鬼故事，查看历年来的病例记录，无意间又看到了这个记录的文字，才慢慢地回忆了起来。

突然发现，之后我得到的各种管道的信息，都在不断地验证着那次匪夷所思的经历。

或许那不是自己的梦，或许是。我不能肯定。

但那之后我可以感受到、聆听到那些来自未知的信息，它们在有计划地引导着我跟随内在的渴望与兴趣，勇敢地走出了自己闭锁的生活，开始把自己的文字和认知，分享出去。

我在行动，我在言说。我把自己的丰盛分享，我把

spreading my love. I am loudly expressing the rare insights I have gained. I no longer question whether the void I see is real or a dream. I allow the universe to flow through my body freely. In completely dissolving myself, I have finally found myself.

充盈的爱传递，我把难得的知见高声地说出。我不再疑惑自己看见的虚空是真实还是幻梦，我让天地随意贯通着我的身躯。我全然地消融了自己后，终于找到了自己。

## Xiyu's Statement

This book contains twelve stories arising from subjective, illusory inner experiences.

Any resemblance to real individuals or events reflects personal perception or dream-like narratives, and is not intended to depict factual occurrences.

These accounts do not represent medical, scientific, or universally applicable examples.

## Acknowledgments

The translation, typesetting, proofreading, and cover design of the English edition of ***Concealed Medical Records*** were made possible through the collective efforts of the volunteers involved in this project. We extend our sincere gratitude to all contributors for their time, care, and commitment.

## 细雨声明

本书的十二个故事，均属虚幻。

若有雷同，纯属个人经历、痴人说梦。

不代表任何医学、科学或普世例举。

## 致谢

《隐秘的医案》英文版的翻译、排版、校对与封面设计，得益于参与本书工作的志愿者们的共同投入与协作。在此谨向所有付出时间与心力的参与者致以诚挚的感谢。

This volume is the first English translation within the Xiyu Material corpus. At the time of its initial publication, Xiyu had already released 52 works, with the material continuing to be curated and expanded. This corpus follows principles of non-profit practice and voluntary collaboration, and is made available as a public resource, freely accessible for long-term public sharing.

August 29, 2024

Editor

**Editorial Note (2025 Update)**

By the end of 2025, the **Xiyu Material** corpus had expanded to 100 published volumes, totaling more than 12 million words. This is a continually growing body of original texts that explores consciousness, personal growth, and the deeper structures underlying human experience.

本书为细雨资料体系中的首部英文译本。在本书首次出版之时，细雨资料已出版了 52 本著作，相关资料仍在持续整理与扩展之中。该资料体系遵循非营利与自愿协作的原则，作为公共资源，长期向公众免费开放与分享。

2024 年 8 月 29 日

编者

**编者注（2025 更新）**

截至 2025 年底，细雨资料体系已扩展至 100 本出版作品、累计字数超过 1200 万字。这是一套持续成长的原文资料体系，关注意识、成长，以及人类经验背后更深层的结构与运作模式。